

CHALLENGES: Stand Up and Stand Out

Positive Ways to Deal With Challenges and Adversity

Remember, it's not what happens to you,
it's what you __ _ about it.

Choose to have a positive _____ ,
it's one of the most important choices you will ever make.

Look for the _____ .

See the opportunity in _____ ,
not the difficulty in _____ .

Remember, you can _____
and grow from misery and _____ .

Don't ever _____ up.

I am determined to be _____
in whatever situation I may be
for I have _____ from experience
that the greater part of _____ or misery
depends upon our _____
and not our circumstances.

Describe what you have learned
about dealing with challenges
and adversity.

