

OVERCOMING OBSTACLES

In life and in business, there are always going to be things that go wrong and that stand in our way, whether they are mistakes we make or a hardship we face, or being mistreated by someone else.

It is easy to let those things get us down, and to discourage us, or make us feel like giving up.

One thing I have learned is that it is always our biggest stumbles that lead to our most **VALUABLE LESSONS**, and today we're not just going to talk about what those some of those roadblocks can be, but how to actually turn those breakdowns into breakthroughs

MINDSET SHIFT #1

ACCEPT OBSTACLES AS NORMAL

The first mindset shift you need to make—and this is a big one—is that you need to begin expecting breakdowns & obstacles, and to accept them as **NORMAL**.

In other words, you need to stop expecting things to go right all the time!

So often we are caught totally off guard or completely blindsided when something unexpected gets us off track. And then, because we are caught so off guard, we are easily devastated and discouraged. We don't know how to handle the obstacle or roadblock that confronts us because we haven't mentally prepared for it.

MINDSET SHIFT #2

LOOK FOR THE SILVER LINING

This means is that when you **KNOW** that things will go wrong, and that mistakes are going to happen, and that roadblocks and obstacles **WILL** get in your way, then you are not surprised by them and you can instead start looking at them objectively. That will mean learning how to automatically look for the silver lining or the lesson or the growth opportunity whenever something does go wrong.

ASK YOURSELF THESE QUESTIONS

- What can I learn from this?
- How can I grow from this?
- How can I turn this obstacle into an opportunity?
- Where is the lesson here?
- How can I do better next time?
- How can I keep this from happening in the future?
- How can I turn this breakdown into a breakthrough?

Learning to look for the silver lining means challenging yourself to become self-reflective and honest about where the breakdown occurred, so that you can know how to fix it in the future.

MINDSET SHIFT #3

ADOPT A MINDSET OF GRACE

That means both grace for yourself **AND** for those around you. Things **WILL** go wrong. You **WILL** make mistakes. Other people **WILL** let you down.

It's all part of the process.

But having grace for yourself and others will make those bumps in the road a whole lot more tolerable.

You need to **STOP BEATING YOURSELF UP** for making mistakes, and stop expecting perfection, because **PERFECTION DOESN'T EXIST**. There is no such thing. And that goes for both yourself and for the people around you.

Sometimes our expectations are so high that we can't seem to tolerate anything less, and we become so angry and unforgiving when those expectations aren't met. And that's not good for anyone. **IT DOESN'T SERVE ANY PURPOSE**. It doesn't make things better. All it does is foster bitterness.

But when you operate from a grace mindset, there is a lot more room for error, which means there is a lot more potential for **IMPROVEMENT**.