



## **Adventure Bonus Message # 18**

### **Sometimes it is worse than you think!**

Okay things are going to go wrong, one of the issues many people have with self-development programs is they never really deal with the fact you will face obstacles or give you the tools to deal with adversity. When you are faced with a setback, certainly a positive attitude is key to keep moving forward, but you also need a plan and the tools to deal with these obstacles.

You may find yourself in a situation where the you feel completely overwhelmed by a turn of events or a major setback, and the bad news may even multiply. We know of a guy whose dream was to buy and fix up homes to flip or rent. Well it doesn't always turn out like on television and it seemed that at every turn a new problem or disaster appeared and just made things worse. The guy just felt like the weight of the project and the problems were insurmountable.

Have you ever felt that way or maybe you will as you move towards attaining your New Big Goal you will be setting? Sometimes obstacle and problems are worse than you even imagined but guess what you can deal with them. You just need some steps and a plan.

**1. Get things in perspective**

The old saying “if it doesn’t kill you it makes you stronger”. Guess what you are loved, you are capable, and you have a bright future, this may be bad but not insurmountable.

**2. Face the issues-be honest**

Okay time to take a hard honest, emotionless look at exactly what are the issues and what must be dealt with and addressed. Make an objective list of what must be solved.

**3. Determine what you control**

Look you’re not going to turn around the economy, you’re not going to change the weather, so what can you control. What can you do that will have an impact on the issues you listed?

**4. Seek advice and support**

Time to reach out and get some advice, look you are where you are and you need some help to solve for some of your issues, that is okay. You can’t and shouldn’t do everything yourself, everything alone, get some help.

**5. Decision making**

Now decide what must be done, you know where you are, you have evaluated the issue, you have sought out advice and assistance, now it’s time to decide what has to be done to get things back on the path to success.

**6. Creative Solutions**

The path you were on, the decisions you had made led you to where you are today, be open-minded, look for new or creative solutions, do not be afraid to try something new.

**7. Action plan, small steps**

You will not overcome a major obstacle in one move. Lay out what must be done, small steps, controlled tasks, each one building on the other toward the other side of the roadblock in your way.

## **8. Communication**

Inform people of what is going on and the steps you are taking to correct your situation or overcome what you are facing. You may have a bank, investors, or someone that cares about you and is in this fight with you. Communicate it will keep people on or at your side.

## **9. Positive attitude and confidence**

You are going to overcome these obstacles; you will find a solution and the way forward. Believe in yourself, it may be worse than you thought but it is not insurmountable.

Our builder friend followed this thinking and no, did not make any money on the project described above but he got through it and learned so much, today he is doing very well fixing up houses and still facing and working through challenges, but they don't overwhelm him anymore.

In the Guidebook we talk about the battle cry "the only way through is through it" many people we know always go to this mantra when faced with an obstacle or setback, there is a way forward, it's just up to you to take the steps to the other side.