

## Overcoming Problems and Difficulties

**Obstacles are those frightful things you see when you take your eyes off your goal.**  
**- Henry Ford**

Welcome to Part Four!

The way to success is not a bed of roses. Whilst trying to attain your goals, there will be many obstacles in your way. You might face both physical and mental difficulties.

Instead of beating yourself up or giving in, you need to learn from setbacks. As you know, a diamond cannot be polished without friction.

Use obstacles and failures as an opportunity to polish your skills. You will have to sail with the wind sometimes, and sometimes against it. But, you must sail, and not drift nor lie at anchor.

So, what matters is your attitude. This session will have a look at your beliefs and let you know if you have got the attitude to thrive under pressure and to succeed.

### **Refocusing after setbacks**

Edmund Hillary was three times unsuccessful while trying to climb Mount Everest before his historical achievement in 1953.

People praised his triumph and said, "You've conquered the mountain," and Sir Hillary said, "No, I've conquered myself."

The bitter experiences of early three attempts did not hold back Hillary from a fourth one. With strong will and relentless enthusiasm, he pursued his goal and achieved it.

How many times have you started a diet, stopped smoking, or tried something new and went back to where you were when a setback or obstacle occurred. People often stumble over obstacles and even consider them as excuses for their failures.

Setbacks and difficulties are inevitable in life. They often challenge your skills and temperament.

There are two ways to face difficulties.

1. You can either change the difficulty or change yourself to be able to deal with it.
2. You can deal with difficulties properly and make use of the experience to enhance your confidence or you can deal with them incorrectly and let them seriously damage your confidence.

If you can see and face challenges in a positive way, you will gain immense experience and knowledge from it. Remember, a smooth sea never made a skillful mariner.

## **Your response to issues and difficulties**

Failure should never be considered as a source of discouragement, but a motivation. You know how Helen Keller, a mute and blind woman, went on to become a world-famous speaker and author. Your ability to deal with challenges can be converted into a virtue by asking positive empowering questions yourself.

There is an unwritten rule that says:

**Ask your mind a stupid question and you will get a stupid answer!**

So, if, after a setback, you ask yourself something like

"Why does this always happen to me, I never have any luck?"

Your mind will probably come out with:

"Because you are useless and good things do not happen to you!"

Instead, if you ask yourself a positive empowering question like:

"What did I learn from this setback for next time?"

Your mind will switch into solution mode and come out with some excellent tips.

Following are some points to ponder about when setbacks do occur:

- Be brave enough to acknowledge what has happened. Don't hide away from it. These things happen. So what?
- Ask yourself as many positive empowering questions as you can.

For example:

What is good about this situation?

How can I make the most of this situation?

What can I learn from it?

What are the facts about this problem?

How can we make it a success next time?

- Acknowledge the fact that setbacks occur to everyone and you are not being singled out.
- View setbacks as a challenge to overcome rather than an issue or problem.