

Life's Struggles

Encountering & Engaging Struggles

How do I react when I encounter struggle? Is there an opportunity to react differently?

When struggles occur, do I move toward them or away from them?

What have I learned from recent struggles, including those that appeared overwhelming?

What emotions am I experiencing during times of struggle? Do I validate these emotions?

What did I gain by engaging the struggle? Can I connect the pain of struggle with the fulfillment of overcoming it?

Which future struggles can I anticipate and prepare to encounter?

How can I build greater perseverance during struggles, including significant ones?

How might my personal character and resilience be strengthened as I persevere through a struggle?