

Your GPS for Life's Tough Challenges

Wouldn't it be wonderful if you were handed a map, or your own GPS device, that could guide you through really tough times, helping you successfully maneuver through even the toughest challenges? Well, the good news is, we all have maps within in us. Think of them as the early models of GPS systems. That's right! Let me explain.



One of the most powerful resources you have is your memory. **Recalling a past success, a time when you beat the odds, is an experience that can be used to help walk you through obstacles that are currently blocking your path.** We all have past successes; the key is being able to access yours in detail so you can transfer what you learned about yourself to your current situation.

(Give yourself 10-15 minutes to go through this process). You can do this process yourself or with a trusted friend. Before you begin, get comfortable, be in a place that's free of interruptions, and do some deep breathing until you are in a relaxed state. Have a piece of paper with you to make notes as you go.

1. To first step is to search your memory for a time in your life when you successfully overcame a situation, obstacle, or challenge that seemed HUGE to you. A time when you felt like you beat the odds and were victorious. (Make a few notes about it on your paper, enough so you can clearly remember that time.)
2. As you recall that time, what were your fears? What were you most afraid of?
3. Did your fears leave before you took action?
4. What helped you face your fears and attempt to overcome?
5. Did you have anyone supporting or encouraging you?
6. Did you ever feel like giving up? If so, what kept you from giving up?
7. Are you glad now that you didn't give up?
8. What did you learn about yourself through that experience?
9. Did that experience of overcoming affect your future?

Review what you wrote; it holds keys to future successes. You will:



- see trends/patterns of the kinds of fears most scary to you
- know what you need to face and overcome your fears and doubts
- know what kind of support is most effective for you
- be reminded of your own inner strength
- be encouraged to take on new challenges

Using past successes will give you powerful insights on key elements to being victorious now. But, you still have work to do; it's not a substitute for taking action, building a support system and exploring options to your current situation.

Find your inner GPS and start using it!

When you learn to trust your inner guidance, exploring new areas becomes much easier.