

COACH YOURSELF DURING DIFFICULT TIMES

When tragedies happen, whether it's a school shooting, an airplane crash, a pandemic, a terrorist attack ... most of us have an immediate impulse to retreat and get safe, and stay away from the horrors of the world out there.

Some people, unfortunately, sink into sadness and have a lot of difficulty emerging.

But other people, after a period of grief, will eventually re-emerge and say, "Okay, what now?"

We humans have the capacity for a great deal of resilience.

As a race we've faced incredible tragedy and challenge in the past, and arisen even stronger and better than ever. High-pressure situations can sometimes lead to the most incredible opportunity, innovation, and creativity.

The question is: will you give up and sink into despair, or will you rise up, stronger and better? Will you use this opportunity to create something new? It's up to you. The worst loss of your life can lead to your best work.

Having trouble accepting these ideas? Consider these examples:

Oprah Winfrey was born into poverty to a teenage single mother in rural Mississippi. She was then raised in an inner-city Milwaukee neighborhood, and experienced inconceivable hardship in her childhood including repeated rape, teen pregnancy at age 14, and losing her child in infancy. We all know what Oprah went on to do with her life, however.

Kris Carr turned a diagnosis of cancer at the age of 32 into a business of hope and healing. In 2003 she was diagnosed with a rare and incurable Stage IV cancer, but instead of giving up, she faced it head-on, and overhauled her own lifestyle and then produced a documentary and launched a series of books, her super-successful website, and her "Crazy Sexy Cancer" brand and programs.

Bethany Hamilton had been a competitive surfer since childhood. When a shark attacked her at age 13, biting off her entire left arm, nobody would have blamed her for never going in the water again. But a month after the almost-deadly attack, she was back on her surfboard, and two years after that, she won first place in the Explorer Women's Division of the NSSA National Championships.

I hope these stories will help you see that a major setback can spur big, positive changes.

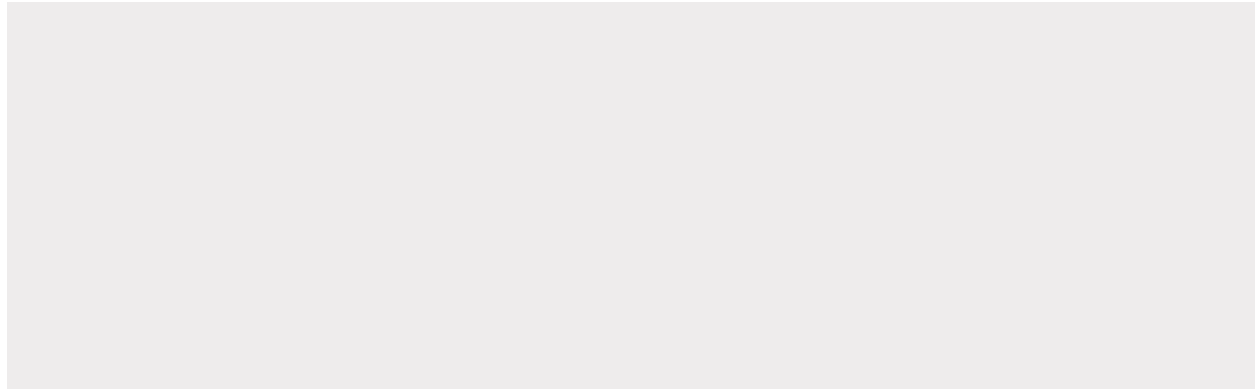
When a tragedy happens, we have a choice. We can hide and wallow ... or we can get up and fix what was broken, create new systems, look for better solutions, and come out of the tragedy even stronger than before.

*"Hardships often prepare ordinary people for an extraordinary destiny."
~C.S. Lewis*

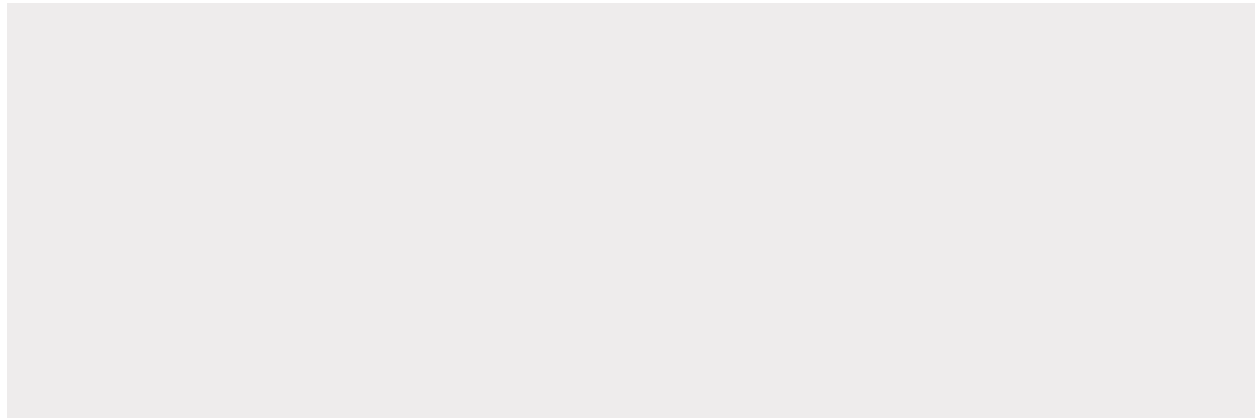
QUESTIONS TO CONSIDER

As this difficult time unfolds, and you contemplate what's happening in the world, in your life, and inside your business, I want you to ask yourself:

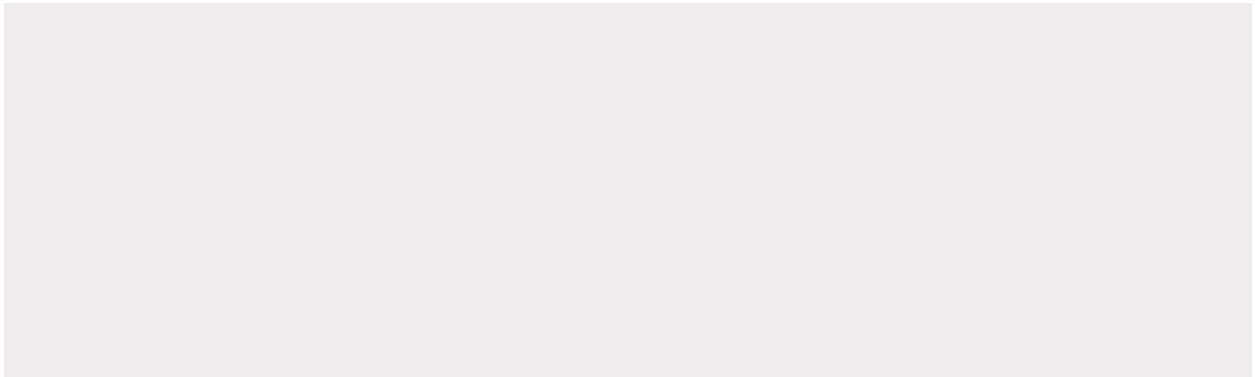
How could this difficult situation lead to your best work yet?



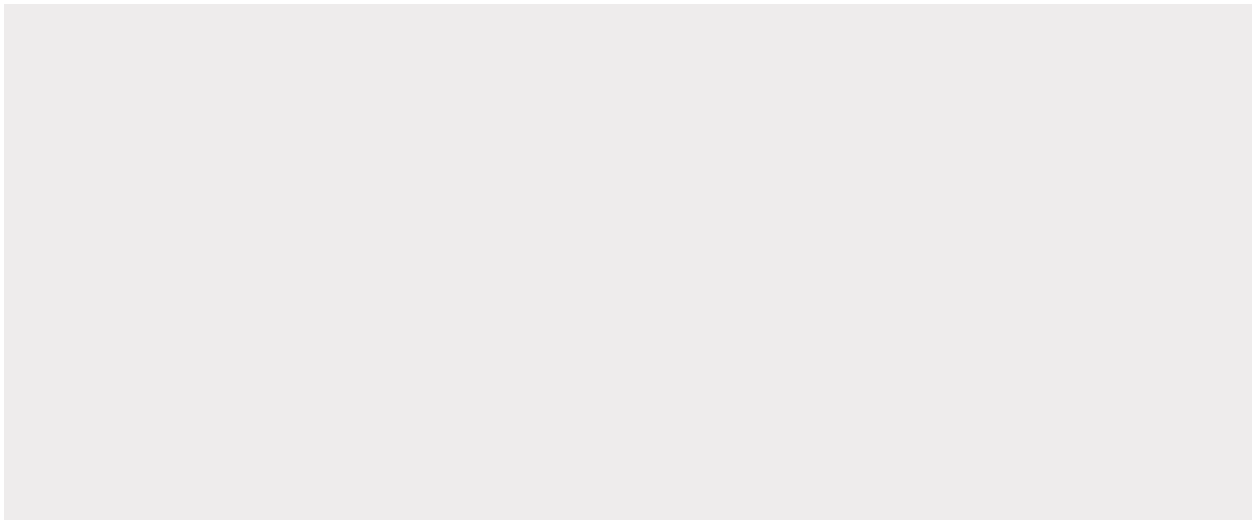
How could this situation lead to major, positive changes?



How could you turn this situation into an opportunity?



What kind of pivot (adjustment, change, tweak) do you need to make right now?



What's blocking you from making this pivot? How could you clear this block?

