

turning weaknesses into strengths[™]

Your task for the week is to contemplate, and then answer, the following questions:

REFLECT UPON THE LAST FEW TIMES YOU'VE STUMBLER, GOT INTO TROUBLE, BECOME DISTRESSED OR FAILED TO ACHIEVE SOMETHING YOU SET OUT TO ACHIEVE.

REVIEW EACH OF THESE EPISODES AND LOOK FOR SIMILARITIES OR COMMON THEMES: HAVE YOU MADE THE SAME TYPE OF MISTAKE MORE THAN ONCE? DO YOU KEEP STUMBLING AT THE SAME HURDLE? ARE THERE ANY OTHER SIMILARITIES? CAN YOU IDENTIFY ANY RECURRING WEAKNESSES?

IF SO, THIS IS A GOOD THING! BECAUSE IT'S EASIER TO PREDICT AND PLAN AROUND. NOW, THINK ABOUT ALL THE POSSIBLE WAYS THAT YOU CAN AVOID, OR COPE WITH, SIMILAR EPISODES OR "WEAKNESSES", IF (OR WHEN) THEY RECUR?

EVEN IF YOU CAN'T IDENTIFY WHERE, HOW, OR WHY YOU'RE MAKING MISTAKES, OR FALLING VICTIM TO YOUR WEAKNESSES, YOU CAN STILL THINK OF STRATEGIES THAT WILL HELP YOU PICK YOURSELF UP AND DUST YOURSELF OFF THE NEXT TIME YOU STUMBLE, OR GET DISTRACTED FROM YOUR GOALS. WHAT ARE SOME OF THE WAYS THAT YOU CAN MAKE SURE YOU ARE ABLE TO REFOCUS AND RESET NEXT TIME?