



## Things to Ponder

- [About the Author](#)
- [Order](#)
- [About the Book](#)
- [Reviews](#)
- [Readers' Comments](#)
- [News & Events](#)
- [A Prayer for the Day](#)
- [Things To Shout Out!](#)
- [Things to Ponder](#)
- [My Favorite Quotes](#)
- [FAQ](#)
- [Contact](#)
- [Home](#)

## Staying Positive in Challenging Times

---

*By Judi Moreo*

There are always going to be challenging times in life. The real challenge is to overcome them. For some of us, an obstacle may be "the end of the line." For others with strong beliefs and great expectations, an obstacle is simply regarded as a setback. Let it be that way for you. Have faith in your future.

Most times overcoming challenges brings change. When change occurs, we are often out of our comfort zone...and that can be frightening. Do what you are afraid to do...go where you are afraid to go, because if you allow fear to take hold and immobilize you, opportunity may pass you by.

Having the right attitude will determine how you view the things that happen to you. How do you view life and face adversity? Choose to have a good attitude. With a positive attitude you can recognize obstacles as your vehicle to overcome challenging times.

There are five powerful steps you can use to stay positive in challenging times. As you read them, think about what actions you will need to take to live the life you want. Your life can't change by itself. Ultimately, it's the actions you take that make the difference between successful living and just surviving.

### 1. **Evaluation**

Is the path you are traveling taking you where you want to go? Evaluate what's working, what's not working, what you want, what you don't want. Through careful evaluation, you may find that the path you are currently on is not the path you want to take.

### 2. **Determine Your Goals**

What goals do you have? Having goals gives us a purpose in life. They are the fuel that operates your vehicle. Determine how much time you have left. How do you want to spend it? Writing down your goals is a basic strategy. Only a very small percentage of people actually commit to writing out what they want and it has been proven that cursive writing has a direct correlation to the subconscious mind causing it to create that which we desire.

### 3. **Prepare for Change**

Unless we prepare for change, it is unlikely these steps will bring about the

success we seek. The consequence of letting change happen without our active involvement is that we might not like where it takes us. If you want to change your future, you must change what you are doing in the present. You have a choice as to how you handle change.

4. **Take Action**

Once you have a plan, it's time to take action. You can make things happen. Life is what you make it. Staying positive in challenging times means we take one step at a time until we overcome our challenges.

5. **Never Give Up**

Anything worth doing is worth sticking with until you achieve success. Years ago, Calvin Coolidge said, "Nothing in this world will take the place of persistence. Talent will not. Nothing is more common than unsuccessful people with talent. Genius will not. Unrewarded genius is almost a proverb. Education will not. The world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "Press on" has solved and will always solve the problems of the human race."

By practicing these five steps, you will find yourself developing strengths, poise, and beliefs that nothing on this earth can shake. You and I have the power to tap into our inner resources and connect with that strength that will always lead us to overcome our obstacles and challenges and produce positive results in our lives.

**Judi Moreo, CSP**

<http://www.judimoreo.com>

<http://www.youaremorethanenough.com>

<http://www.lifechoicesbook.com>

Posted with permission

Website Technology ©2007 [American Author](#).

A division of [Cevado Technologies](#). All rights reserved. [Privacy Policy](#)

