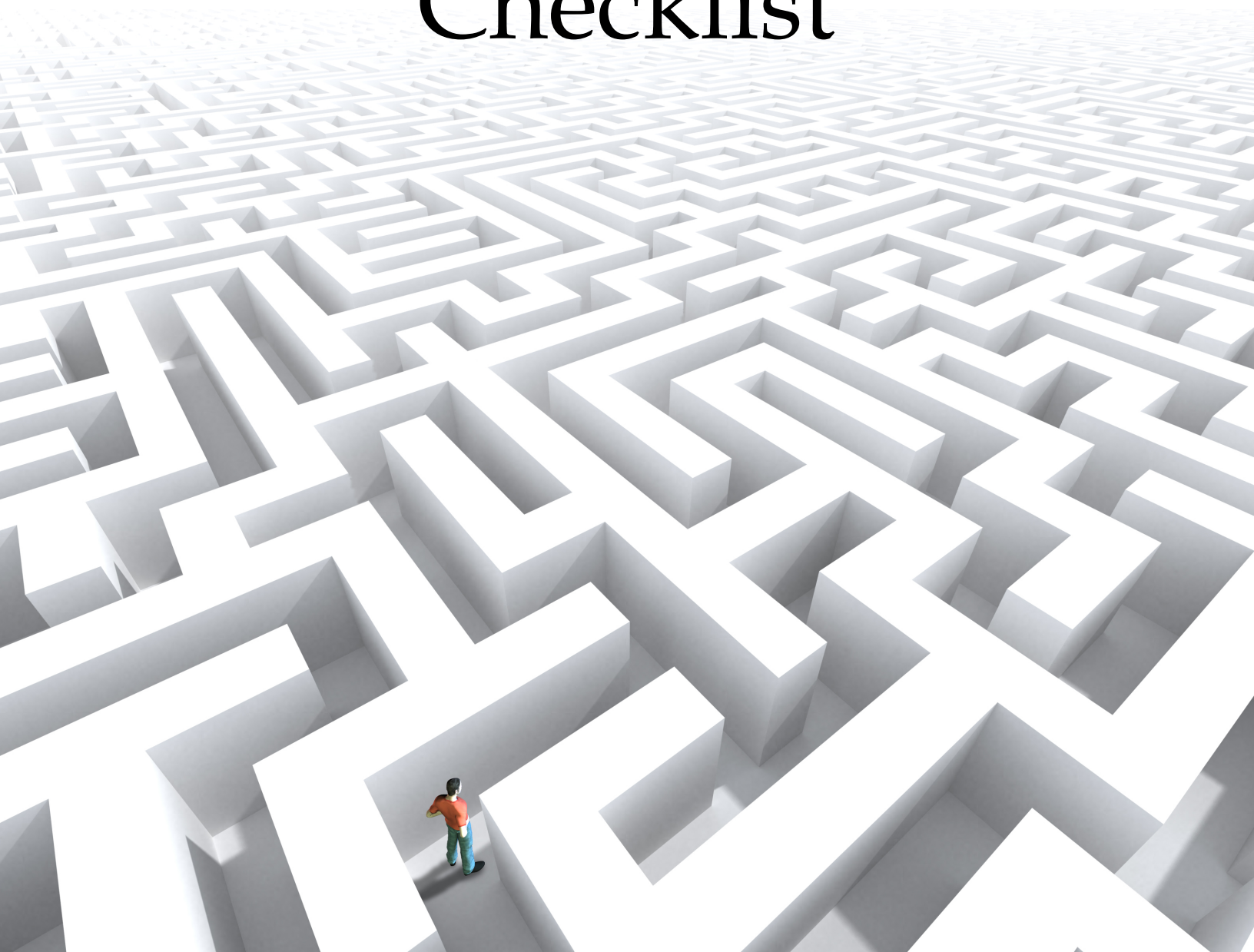


# How to Overcome **CHALLENGES** Checklist



# CHECKLIST

1.  Evaluate the challenge you're facing.
2.  Expect the best of the situation.
3.  Remove negative thoughts.
4.  Use only positive, encouraging self-talk.
5.  Believe in yourself.
6.  Look for the silver lining.
7.  Avoid wasting time worrying.
8.  Remind yourself of previous challenges you've overcome.
9.  Find a mentor and take advantage of their experience with the same challenges.
10.  Use readily available resources, such as books, magazines, and the Internet to research.
11.  Ask friends and family how they overcame similar challenges.
12.  Decide your plan of action.
13.  Write your plan down.
14.  Follow through with each step of your plan.
15.  Learn from the positive and negative aspects of overcoming this challenge.
16.  Remember what steps you took to overcome this challenge.
17.  Apply what you've learned to other challenges.