

DO I HAVE TO STRUGGLE? – EXERCISE:

What challenges are you struggling with right now? Take a few minutes to think of three specific things in your life that aren't working out the way you want them to. On the lines below:

1. List each challenge.
2. Circle the phrase that describes what you want to do about this challenge.
3. Write down how you will follow through with this decision. What specifically will you do to accept or fix the challenge you are experiencing?

1. _____

2. **Accept it** **Fix it**

3. _____

1. _____

2. **Accept it** **Fix it**

3. _____

1. _____

2. **Accept it** **Fix it**

3. _____

DO I HAVE TO STRUGGLE? – FOLLOW-UP EXERCISE:

You made a good start by identifying three things that are causing stress in your life. Now let me help you deal with that stress.

If you decided to Fix it, then start working on the specific actions you wrote down. Begin today. If these actions don't completely resolve your issue, create a plan that will. Include dates by which each action will be completed. Check off each action as you finish it. Revise your plan if necessary, and don't stop until you have reached your goal of having the issue resolved to your satisfaction.

Remember, a perfectly good option is to accept struggle as part of life and not let it bother you. If you decided to accept one or more of the issues above, then don't let them stress you out. Take advantage of the life lessons that are being presented to you. Write down at least three positive aspects for each issue that you are not taking action on.

Issue: _____

1. _____

2. _____

3. _____

Issue: _____

1. _____

2. _____

3. _____

Issue: _____

1. _____

2. _____

3. _____