

5 ACTIONABLE STEPS FOR MOVING THROUGH ADVERSITY

- **Courage**

Courage is hopeful action in spite of fear. Identify the steps you could take. Take the next best step.

- **Connection**

In crisis, it's common to isolate. Don't do it! Reach out to trusted friends for support.

- **Challenge**

The stress of adversity can prompt a rigid mindset. What assumptions or beliefs about your situation aren't benefiting you? Challenge these thoughts with creativity, curiosity, and the question, "Is this true?"

- **Competence**

Hardship feels like failure. A negative focus on shortcomings and weaknesses isn't helpful. Write a list of three things: One thing you worked hard to accomplish, one thing you do well that only you can do, and a quality about YOU that matters.

- **Contribute**

What is adversity teaching you (or what has it taught you)? What purposeful pursuit might use your experience and lessons learned to contribute toward the good of someone else? Write it down and practice this purpose daily!

