



# VEIL *of* CHANGE

How To Tackle Big Challenges

**THROUGH THE VEIL OF HAPPINESS**

## **Finding The Ability To Tackle Big Challenges**

Throughout our lives we face challenges in many types of situations. Do you sometimes freeze up when faced with obstacles because you're unsure of what to do?

If so, opportunities may pass you by because your resolve to meet the challenge quickly disappears.

**However, the good news is:**

You have the ability to pass any test you face on the way to your goals!

Opportunities that once passed you by can be turned into stepping-stones on your way to victory.

Overcoming these challenges will spur you on and encourage you to live the life you were born to live.

**Instead of feeling fear, you'll feel confident when you approach these roadblocks.**

It's okay to feel fear, as long as you allow that fear to propel you forward. The truth is, anything worth having comes with some setbacks along the way and obstacles to overcome.

**Your willingness to face these challenges head on will determine the level of success you achieve in your life.**

Everyone suffers from fear from time to time. Some use the fear as an excuse to give up, and others use that fear to motivate themselves to achieve their dreams.

**The choice is yours.**

The first step in overcoming any challenge is to expect the best out of the situation.

When you go into a challenge with the expectation of failure, chances are good that you will fall short of your goal.

Your mindset going into any situation plays a big role in whether or not you're going to come through it with success.

## Turn your frustrations into victories

Even when your situation seems overwhelming and completely unbeatable, ***you can choose*** to think the best of it. Find the good in the situation, learn from it, and focus on solutions. When you do, you'll routinely turn the frustrations of your life into victories.

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### EXPECT THE BEST

#### Use positive self-talk.

When you face a challenge, do you find yourself saying, “I can't do this?” If that's the case, your self-talk is sabotaging your success. Instead,

- ✓ Tell yourself you *can* and *will* succeed.
- ✓ Give yourself permission to make mistakes and learn from them.
- ✓ Resolve today that you refuse to give up until you reach the goal you've set.
- ✓ By simply changing what you say in certain situations, you can alter the way your mind thinks about difficult circumstances.

#### Replace negative thinking with productive thinking.

- ✓ Think about the road before you in a way that spurs you on toward success.
- ✓ Replace thoughts of “I can't” or “I'll never make it” with productive thinking. Tell yourself, “I'll figure out a solution.”
- ✓ Then focus on a solution, instead of the challenge.
- ✓ When something's frustrating you, put your mind to work in a productive manner.
- ✓ Think about what's great about the situation you're in.
- ✓ How can you make it the way you want it?
- ✓ This kind of thinking can only lead to success.

### The only way to fail is to give up

Remind yourself that the only way to fail is to give up and, instead, resolve to keep putting one foot in front of the other until you reach your destination.

### Believe in yourself

- ✓ You're capable of amazing things.
- ✓ You just have to trust in your abilities, gifts, and talents.
- ✓ Reflect on your previous accomplishments.
- ✓ You've certainly succeeded at many things before, but you've likely forgotten.
- ✓ Focus on previous victories and you'll feel confident to tackle any challenge.

With the proper mindset in place, your talents, desires, and abilities will naturally draw success to you. Even when you fall short, you'll make the most of the experience by learning from it and moving forward in a positive direction.

*Mindsets play strange tricks on us. We see things the way our minds have instructed our eyes to see."*  
– Muhammad Yumus

