

The Blessings in Challenges

Have you ever noticed that every challenge also contains a blessing in disguise? If not, you may not have been looking closely enough! It's true that challenges often seem like inconveniences when they get in the way of something you want. When you're working toward goals that are important to you, the last thing you want is to face a big challenge or obstacle because it usually means that your desired outcome will be delayed.

However, if you learn to see challenges in a new light, they can easily become the best things that have ever happened to you.

Below you'll find 5 questions you should ask whenever you find yourself facing challenges:

1) What Can I Learn From This?

Too often we view challenges as annoyances or personal vendettas, when in fact they may hold a great opportunity to learn and grow! If you start by asking what you can learn from each challenge, you'll suddenly see them as possibilities that pave the way to greater wisdom and self-mastery.

2) How Can This Strengthen Me?

One major reason why challenges intimidate us is because we don't feel capable of handling them. We have a limited perception of our own abilities, so we automatically believe that the challenge is bigger than we are. However, if you learn to see challenges as an opportunity to become stronger and more empowered, there's no way they can hold you back!

3) How Can I Use This to My Advantage?

Most often we see challenges as disadvantages – but is that necessarily true? A challenge can often help you see that there are many possible ways to achieve a goal, and the one you've chosen may not necessarily be the best one. Asking this question can often open your mind to alternative routes that may be shorter or otherwise better in some way.

4) How Can I Use This to Help Others?

Though we often believe our goals affect only ourselves, more often we have a huge impact on the people around us too. Not only do other people watch what you do and how you live your life – they often model their own behavior after yours! If you refuse to let challenges intimidate you or slow you down, you just might inspire and motivate others to do the same with their own challenges.

5) What Would Make This a Worthwhile Experience?

Sometimes just being willing to recognize that a challenge may not be such a bad thing can be enough to help you realize all kinds of wonderful benefits from it. This question does a couple of things: first, it helps you feel more empowered because it affirms that you have a choice in how you react to the challenge; and secondly it reminds you that every challenge holds the seeds for unlimited blessings and opportunities.

Instead of complaining about life's challenges, cultivate and appreciate a new perspective. Renew your attitude so you become a proactive person, and appreciate who you are based on your strengths in order to create a controlled outcome. Your road to blessings depends on the choices and decisions you make. Your task is to see the situation from a 'selfless' perspective rather than a selfish one. Accept responsibility for your outlook. If you feel your perspective produces negative results, and the outcome is unacceptable, then find a higher, healthier way to look at challenges.

About the Author

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