



HAPPYJOYLIFE.COM

10 SURE
FIRE
WAYS
to Overcome ANY
OBSTACLE



MICHELE TOWERS

By Michele A. Towers

In this e-book, I will share with you 10 keys that were instrumental in helping me to overcome every obstacle in my life. I believe that as you apply these simple principles into your personal life situations, then they will bring you the same success that I experienced. As you open your mind and heart to these keys, you will find that you now have powerful tools to help you come out a winner in any situation that life throws at you – regardless of the obstacle, you can get through the experience victorious, full of joy, and with a smile on your face!

Key #1: Gain a clear picture of your goal.

Many people want their lives to be better, but if you ask them what a better life looks like, they often are not able to describe in detail what that means! Having a clear picture of your goal helps you in many ways, particularly in providing you with a vision. A famous proverb states that without vision the people perish. Before you can truly experience victory in your life, you must first be able to imagine in your mind what that victory looks like.

I am a three-time breast cancer survivor. Years ago when I was challenged with going through continual chemotherapy treatments, I set a clear goal of what my recovery would look like. Having been drained of all energy from the toxic medications, I began to constantly visualize what it would be like when I would be full of energy again. When I was so weak that it took all that I had to simply walk across the room, I began to picture myself doing the things I was able to do before I had become ill. For example, I used to love playing a tambourine in church during times of praise and worship...I was actually quite the dancer! But since the cancer treatments, I was barely able to stand, much less bang on my tambourine while jumping up and down! I created a picture in my mind, allowing myself to visual me in my previous physical state. This picture became my goal. I focused on it continually. And sure enough, the day came when I was able to dance, jump and leap again – my visual goal had become a reality!

When coaching my clients, I consider this principle to be the primary key to success when it comes to helping them to attain their goals. Gaining a clear picture of your goal can

involve exercises such as developing a personal life mission to help bring clarity to your life and your goals, or to write a “destiny journal” (I’ll tell you more about this some other time!).

I challenge you to think about what your specific goal looks like. Going through this exercise may be a new experience for you, but as you read the following success methods, remember to SEE in your mind what your victory looks like. By doing so, you are providing fuel to accomplish your dreams.

Key #2: Recognize that you will need help reaching your goal.

Remember that old television show from decades ago called “The Lone Ranger”? As I became older, there’s something I eventually realized about that crime fighter...he wasn’t really ever alone! In fact, wherever The Lone Ranger went, his trusted friend and confidant, Tonto, always accompanied him. Even the Masked Man realized that he couldn’t go it alone when it came to righting all the wrongs of the world and putting a stop to the work of evil villains.

When working to overcome obstacles in your life, it is so important to have others who will encourage and help you when going through difficult times.

While enduring the debilitating chemotherapy treatments, I personally discovered how important it became to have people who were willing to help me in my time of need. As I physically became weaker, I welcomed the aid of good friends who were willing to help me with shopping, house cleaning, and errand running. They were so faithful to send me cards with words of encouragement, and they even brought my family meals when we felt overwhelmed with life.

Being a very self-sufficient person, I initially felt very uncomfortable having people do things for me that I was so accustomed to doing. But as I began to relax the strict expectations I had placed on myself, I quickly realized that the support of these wonderful people gave me hope I needed to continue in the fight...I was convinced that I with their help, I would make it through this obstacle and come out a winner! Today as I celebrate my health, I also

celebrate my amazing friends who came along side me to help my cross the finish line – thank you!

As you strive to overcome your personal obstacle, identify some “cheerleaders” in your life. Think of those people around you whom you know will say the right things to you at the right time – those who you know will be on your side no matter what! Then, reach out and ask them for their help. You just might be surprised at the positive response you will receive!

Key #3: Be thankful through the struggle.

I agree that keeping a good attitude and being thankful this is no small task when facing challenges. However, remembering to “rejoice always, again I say rejoice!” is one of the greatest strategies you can employ during times of difficulty.

Although at times you may feel exhausted and discouraged, it is critical to not allow yourself to sink into a mire of sadness and hopelessness. Instead, look for reasons to be thankful. By

simply looking at your surroundings, you can find so many simple reasons to be appreciative of your life. Delighting in a beautiful sunset or soaking up the sounds of nature outside your window are small but wonderful gifts that can so easily be taken for granted. If you learn to appreciate even the smallest of wonders that are presented to you every day, you can experience true happiness, in spite of what the obstacle that you are facing.

What in your life are you grateful for? Make a list of these things and read them to yourself daily. Doing so will help you to maintain proper perspective by maintaining an "attitude of gratitude".

Key #4: Break the "Big Picture" into Smaller, Doable Tasks.

Sometimes the enormity of a task can be nothing short of overwhelming. For example, facing the obstacle of getting out of debt can at first be extremely intimidating. The realization that you must come up with a plan to get rid of numerous credit cards, two car payments, along with school loans can sometimes

become immobilizing. Looking only at the "big picture" can cause you to become stuck and discouraged, which can lead to procrastination.

In order to not only get started, but to keep moving, develop a strategy that breaks your goal into small, specific pieces that are measurable and attainable. For example, accept that ridding yourself of eight credit cards in one month is probably not realistic; but by setting a goal to reduce one credit card over the next month might be a manageable, doable goal. Then go on to tackle the next smaller, attainable goal. By successfully completing a series of smaller tasks, you will begin to feel energized, motivated, and excited to gain even more progress.

Key #5: Spend Little Time or Energy Focusing on Your Obstacles.

Life can certainly throw us some real challenges. When obstacles arise, they can often seem very intimidating; therefore, you shouldn't be surprised if at times you get caught up in unexpected and negative emotions.

While moving toward your goal, it is important to allow yourself to be honest about any fears or uncertainties that may occasionally pop up in your thinking. The trick, however, is to not allow yourself to get caught up in these feelings for very long. While it is important to release these emotions, they can easily take over if you are not careful to guard yourself from being swept up into a sea of negativity. Focusing on your problems for too long can lead to worry and self-pity. Allowing yourself to dwell in this mindset can all too often lead to a self-fulfilling prophecy of failure.

Remember that your focus determines your faith. Make a decision to focus on the positive aspects of your situation. Allow yourself to dream of the positive possibilities, and spend more time focusing on the good rather than the not-so- great. When you keep your mind on these things, you then empower yourself to achieve and experience the impossible!

Key #6: Let Disappointments Propel You Forward.

Before becoming a coach and corporate trainer, I worked as an engineer for over 20 years. Earning that engineering degree was tough! I had always been a good student in high school, but when I started college and began working on my mechanical engineering degree, I found out very quickly that reaching this goal was going to be more difficult than I had thought! Being nearly the only female and the only minority in classes of 200 students was also very intimidating - In fact, something inside of me wondered if I could really do it. I did, however, make it through the first two years on my own (I hadn't realized that after class many of the other students met in the library to collaborate on that five-page math problem while I went to my room to work alone!).

My real doubts surfaced halfway through my four-year program, once I met with my advisor. After reviewing my grades (mostly B's, with an "A" and a "C" here and there), he placed the papers back on his desk and told me, "You know, you'd be better off changing your major

right now. At this rate, you'll never make it through the rest of the program”.

I was so absolutely devastated that I went back to my dorm room and cried for the next two days! Messages of defeat raced through my mind. The thought of disappointing my parents, as well as myself took over my emotions. But then by the third day, a strange thing happened - I GOT MAD!

Suddenly, I became determined to prove that advisor wrong! I envisioned myself walking across the graduation stage to receive my diploma, while the advisor sat and watched me receive my prize! From that moment on, I became determined to do whatever it took to prove him wrong; it became my primary motivation! As a result, I was one of the two first African American students to graduate from my college's school of engineering over a five-year period!

Today, I can thank that advisor for his words. They propelled me into my future! If you make the decision to use your disappointments as a springboard, you are then setting yourselves up for major victories!

Key #7: Celebrate the Small Victories Along the Way.

In the middle of reaching for your goals, be sure to take time and give yourself credit for reaching milestones. Share your success and progress with those friends and families who have been on the sideline the whole time cheering you on; they will love to celebrate with you!

As my coaching clients and I journey through the coaching process, this is the part I love the most. When a client calls me to say, “I got over my fear!” or “I tried what we talked about and it worked!” we both do a celebration dance from both sides of the phone!

Acknowledge and celebrate your victories. This will in turn give you the momentum you need to keep pushing forward.

Key #8: Learn to Encourage Yourself.

As you work through your obstacles to attain your goals, there will be times when you may feel alone. When the going gets tough, it is

easy to become discouraged, especially if you allow yourself to slip into a pool of self-pity. Although it feels great to have that cheerleader friend or family member to pick you up, dust us off and tell us that it's going to be okay, there will likely come a time when that cheerleader will be "on break" when you feel we need them the most.

When you find yourself in this place of aloneness and opposition, the first important key is to recognize that you are indeed in this position. Then, as quickly as you can, proceed to create your own internal cheerleading squad!

Take a break from the everyday routine and reward yourself for your hard work up to this point, listen to music or an inspiration tape that can lift your spirits. Counteract whatever negative words are playing through your mind with the truth. For example, if you keep hearing in your mind, "You will never get past this point", try speaking out loud the truth: "I CAN and I WILL do this, because I am persistent person who does not give up easily!"

You know yourself better than anyone else knows you. Therefore, you can determine best what you need to do for your own encouragement. Take the initiative and be your own best cheerleader!

Key #9: Help Others Along the Way.

As a life coach, this is my primary purpose – to be a support, sounding board, and partner for my clients. I believe that as humans, we are intrinsically designed to need others, as well as to be a source of help for others. As a result, we are closest to fulfilling our purpose and being all that we were meant to be when we are giving to and serving others.

All of us are in race of some sort, reaching for some kind of goal – whether it be gaining financial independence or that promotion on the job. As you strive to reach your own personal goals, it is important to remember to always concern yourself with the welfare and needs of those who are around you, who are also in the midst of running their own personal race.

So, as you are going about your work this week, keep an eye out for someone who is working beside you – someone who could use a hand or a word of encouragement. As you reach out to help others, you will find yourself endowed with more power, determination and hope to triumph over your own challenges.

Key #10: When Breakthrough Comes, Take Time to Summarize Your Lessons Learned.

Congratulations! You have stayed your course and overcome the obstacle that once seemed to be so enormous; you once thought victory would never come. You are a winner! Now comes the time to review what you have gone through. What did you learn about yourself that you did not realize before?

What could you have handled better, now that you have hindsight? What strengths did you discover about yourself that you didn't realize you possessed? Who were the key people that came through for you, and what can you do to let them know how much you appreciate their help and support?

Asking yourself these questions will help you to discover and develop new areas of personal growth. Recognizing how you have changed through your experiences will be of great value to you in the future.

Take time to reflect on your journey. Take time to rest and enjoy life. Celebrate and enjoy your victory. Life is full of obstacles, and you can be sure that you will have more goals to set in the future. But as you continue to put these sure-fire keys to affect, be certain that you are equipped for even more success in your future!

© Michele Towers, 2014, <http://happyjoylife.com/>