

"The Art of Overcoming Adversity"
Monday Call, July 16, 2012

- Guest Speaker - Sam Caster – next Monday's Training Call at 10 AM CDT
- Skin Care Back in Stock!!!! Check out the specials
- New Paper on www.mannatechscience.org - About Mannatech's Glyconutrient Sugars and Healthy Blood Glucose Levels
- New Website available to all – [www.navig8.me/\(your account number\)](http://www.navig8.me/(your account number))

Article by Keith Kochner in Networking Times

1. Life is full of adversity
 - a. If you live, if you do Mannatech, you walk into it.
Why? Everything you want is outside your comfort zone.
 - b. So it is never about whether you have adversity, but how you react to it.
 - c. The central point: don't allow adversity to negatively affect your life
 - d. The entire article is based on THREE KEYS to be able to look at adversity with gratitude.

2. "Adversity has an interesting way of introducing us to ourselves."
 - a. Some people do everything they can to avoid adversity. Then when it arises, they excel to overcome it.
 - b. Others live the "perfect" life; then when adversity strikes they totally self destruct.
 - c. What creates these different results? the 3 KEYS.

3. Key #1: Look at adversity as a temporary circumstance - not a permanent reality.
 - a. Many people misdiagnose adversity when it first strikes.
Panic and fall victim sounds like this:
"This is never going to end."
"My life will never be the same."
 - b. When people see a problem as permanent, they react differently than if see it as short term.
What does that look like? Lose all hope, and along with it the energy, creativity.
 - c. We pay unnecessary prices.

4. Key #2: Condition yourself to see value first, rather than pain and hurt.
 - a. It is possible to condition ourselves to see value first. (Obviously there is hurt and pain as well.)
 - b. Here is plan: train yourself to see value first before adversity strikes.
 - c. Be value hunters in all that you do. What does this look like?
 - d. When we do this frequently enough, it becomes a habit. It becomes who we are and even turns up in the eyes of adversity.

5. Key #3: See *through* adversity...don't stare at it.
 - a. When you stare at a problem what happens? It gets larger. It appears unsurpassable.
Examples:
 - b. Instead look through it: Imagine that you have a pair of x-ray glasses to help you see what lies beyond the problem. When you see the other side, just knowing there is another side will empower you to move through the situation with greater ease.
 - c. When you see through adversity, it loses its power to hold you back from the successful outcome you were designed to create.

"Don't let adversity tell you what it will do to your life; tell adversity what you will take from it that will benefit you and help you tap into your own greatness."