

# When Life Gives You Lemons...

So, you feel like life is getting the better of you, and no matter what you do you can't escape the strong grasp of adversity, doubters, and failures, huh? Well, we're going to give you all the tools you need to use those exact things to transform your life into a bundle of joy, happiness, and success.

## Dealing with Adversity

- ✓ Remember your motivation
- ✓ Assess your emotions first
- ✓ Expect obstacles
- ✓ Seek guidance
- ✓ Divide your end-gals into smaller goals
- ✓ Accept mistakes will happen
- ✓ Celebrate victories
- ✓ Adaptability is key
- ✓ Find different approaches to achieve your goals
- ✓ Re-evaluate your desires
- ✓ Understand different situations produce different emotions

## Dealing with Doubters

- ✓ Doubters are weak, not strong
- ✓ Keep on your grind

- ✓ Listen without listening
- ✓ Transform a doubter into a supporter
- ✓ Assess those who are being negative
- ✓ Manage your emotions
- ✓ Tap into The law of attraction
- ✓ Protect Yourself
- ✓ Steer clear of negative people
- ✓ Don't doubt yourself
- ✓ Find your inspiration

## **Dealing with Failures**

- ✓ Find things to learn
- ✓ Don't let failure define your existence
- ✓ Think positively
- ✓ Look forward not backward
- ✓ Don't obsess over other people's thoughts
- ✓ Accept the initial pain
- ✓ Discover some inspiration
- ✓ No Such Thing as Failure
- ✓ Follow the examples of: Jay-Z, Oprah Winfrey & Colonel Sanders