

When Things Get Difficult... Celebrate!

I've got to be kidding, right? Celebrate the tough stuff? Of course, I don't know just how bad it is for **you** (that's what you're saying right now, aren't you?)

Trust me, I've been there. And I've learned that we have two choices when faced with life's challenges: focus on making it easy on ourselves, or turn it into a monumental struggle. If you'd prefer the easier route, read on.

Life flows in cycles. We all have times of delight and times of challenge. The difficult times aren't as much fun, naturally! However, by remembering the cycling pattern, we can take heart in knowing that things will get better.

While you're in the down cycle, start to envision how you want things to be when this period is over. Use all your senses to make it real, and write it down. Read that vision whenever you need a boost, and believe that better times are coming. Take steps to make it happen.

Notice the moments of joy and delight that exist around you at all times, even when things are tough. The birds still sing, the sun shines, you have friends... Make a note each day of at least one thing you found beautiful, wonderful or amazing. As you start to focus more positively, you'll have even more to add to your list.

Now celebrate! Make a nice meal, set the table, perhaps add candles, have a special evening with family or friends. We all need more opportunities to enjoy life, especially when things are difficult. The one rule for this celebration is that there is to be no talk of disaster, personal or otherwise. It's a celebration of life, with all its twists and turns.

So raise a glass and make a toast to the upswing in your life that is around the next corner!



Four Secrets for Celebrating Life's Challenges

1. *Recognize the cycles in your life*
2. *Envision the future and take steps towards it*
3. *Notice the moments of joy and delight and write them down each day*
4. *Organize a special meal with family and friends*

Take another step by booking a
coaching session at
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