



# HOW TO OVERCOME CHALLENGES

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**Embrace each obstacle as a challenge, not a roadblock; it’s a chance to grow, evolve, and become stronger.**







**THE  
PROJECT**

**INTRODUCTION**

Throughout our lives, we face challenges in many types of situations. Do you sometimes freeze up when faced with obstacles because you're unsure what to do? If so, opportunities may pass you by because your resolve to meet the challenge quickly disappears.

However, ***the good news is that you can pass any test you face to achieve your objectives!***

Opportunities that once passed you by can be turned into stepping stones on your way to victory. Once you add a few simple strategies to your arsenal, you'll be unstoppable on your path to success. My life motto has been "perseverance through adversity," which has made me the person I am today.

Even significant challenges can be surpassed with a few simple techniques. Overcoming these challenges will spur you on and encourage you to live the life you were born to live. ***Instead of feeling fear, you'll feel confident when you approach these roadblocks.***



It's okay to feel fear, as long as you allow that fear to propel you forward. The truth is, anything worth having comes with some setbacks along the way and obstacles to overcome. ***Your willingness to face these challenges head-on will determine the level of success you achieve in your life.***



The strategies you learn here can help you every single day. If you take advantage of these techniques, you'll discover within yourself a much stronger person capable of anything.

Everyone suffers from fear from time to time. Some use the fear as an excuse to give up, and others use that fear to motivate themselves to achieve their dreams. Remember, Fear is the feeling of a possible outcome that has not happened yet. Tony Blauer breaks down fears as follows:



**FALSE**



**EXPECTATIONS**



**APPEARING**



**REAL**

You are having anxiety about something that has not happened. Courage is the choice to move forward despite that anxiety.

The choice is yours.





— GET YOUR —

# MIND RIGHT

**Transitioning from one phase of life to another is never easy, but it's the struggles that define our path and shape our character.**

## EXPECT THE BEST

The first step in overcoming any challenge is to expect the best out of the situation. When you go into a challenge with the expectation of failure, chances are good that you will fall short of your goal. Your mindset going into any situation plays a significant role in whether or not you will come through it with success.

Even when your situation seems overwhelming and completely unbeatable, **you can choose** to think the best of it. Find the good in the case, learn from it, and focus on solutions. When you do, you'll routinely turn the frustrations of your life into victories.

Try these strategies to focus your mindset on expecting the best:



When you face a challenge, do you find yourself saying, “I can’t do this?” If that’s the case, your self-talk is sabotaging your success. Instead, tell yourself you **can** and **will** succeed. My wife tells me regularly, “Everything Good Works Out For Me... and If it Ain’t Good, it Ain’t For Me!” I really like the ownership and positivity.

- Give yourself permission to make mistakes and learn from them.
- Resolve today that you refuse to give up until you reach the goal you’ve set.
- By simply changing what you say in certain situations, you can alter the way your mind thinks about difficult circumstances.







## **02** REPLACE NEGATIVE THINKING WITH PRODUCTIVE THINKING

Think about the road before you in a way that spurs you toward success.

- Replace thoughts of “I can’t” or “I’ll never make it” with productive thinking. Tell yourself, “I’ll figure out a solution,” or “What do I need to do to accomplish this objective.”
- Then focus on a solution instead of the challenge. When something’s frustrating you, put your mind to work in a productive manner. Think about what’s great about the situation you’re in. How can you make it the way you want it? This kind of thinking can only lead to success.

Remind yourself that the only way to fail is to quit and, instead, resolve to keep putting one foot in front of the other until you reach your destination.



## 03 BELIEVE IN YOURSELF

You're capable of amazing things. You just have to trust in your abilities, gifts, and talents.

- Reflect on your previous accomplishments. You've succeeded at many things before, but you've likely forgotten. Focus on prior victories, and you'll feel confident to tackle any challenge.

With the proper mindset, your talents, desires, and abilities will naturally draw success to you. Even when you fall short, you'll make the most of the experience by learning from it and moving forward positively.





# — START LOOKING — FOR THE WINS



***In every situation, there is a silver lining to be found and appreciated.*** Do you look at something hard and get easily frustrated about how difficult it is? Do you always believe that the worst-case scenario is the likely outcome? You can learn to think differently and steer the ship of your life in a different direction.

What's the high point of the challenge you're facing? ***There's something positive about the situation you're in.*** What is it? What can you learn from this? How can you grow from this experience? How will this experience make you a better person? How will this event in your life alter your future for the better?

Think of a stressful situation you currently face. Take time right now to close your eyes and ask yourself, "What's great about this?" At first, your mind will likely answer something like, "Nothing!" Consider it until your mind gives you two or three satisfying answers.





This is different than thinking that everything is perfect when it's not. ***Instead of denying reality, you're giving your mind a more accurate, balanced picture of reality.*** Allowing your mind to realize that there are both positive and negative aspects of your current situation puts you in a more productive frame of mind to deal with those negative parts of that reality.

***Discover the lesson.*** Every situation has something to teach you if you'll look for it. Ask yourself:

- What can I learn from this challenge about my abilities and my circumstances?
- In what ways does facing this situation improve the quality of my life?







**FINDING**

**SOLUTIONS**





# WHAT ARE THE NEXT STEPS YOU CAN TAKE TO **MAKE IT BETTER?**

The only way you'll find solutions to your frustrations is to look for them. Think of something in your life that's frustrating you. Instead of thinking of all the reasons this bothers you, think about ways you can make it better. Is there someone you can ask for help? Are there habits that you can change? Can you schedule your time differently?

The questions you pose to yourself about your situation will determine your attitude. And your attitude will determine your chances of success. Ask yourself why things are so frustrating, and your mind will return many reasons for you to be frustrated. Ask yourself how to solve your dilemma, and your mind will give you the answers you seek.

If you spend time complaining about your circumstance, you'll spin your wheels and stand on the same frustrating ground. Instead of denying reality, ***improve your existence*** by asking yourself how you can positively affect things.

**“In the Marines, we learned that no barrier is too high if you're willing to climb; no obstacle is too tough if you're prepared to fight.”**





# — STAY AWAY — FROM UNPRODUCTIVE “WHAT IF’S”

When you worry about what may happen in the future, you avoid the productive thinking that can make all the difference in your life. You also miss out on the gift that’s found in the present moment. Challenges will help you grow as a person, or they can cause you to stop you in your tracks. The choice is yours.

***Be strong and face what’s in front of you.*** The more you face your fears head-on, the more confident and motivated you’ll become as you consciously step closer and closer to your dreams.

The list of what-ifs you face could go on forever if you let it... “What if I embarrass myself? What if I fall short? What if this doesn’t work?” Your mind will answer those questions and prevent you from ever moving forward. *Is this what you want – or deserve?*

***But what if you asked questions like:***

- What would I do if it were impossible for me to fail?
- What would my life be like if I attained this goal?
- How would my loved ones be affected by my success?



- Who can I learn from that has already experienced the success I seek?
- What small step can I take today to create an unstoppable positive momentum toward my success?

Can you see the difference? Thinking about those questions makes you feel more powerful and responsible for your future. One set of questions makes you huff and puff. The other set of questions gets you fired up, believing that your success is inevitable.

With the proper set of questions and productive thinking, you'll be a freight train without brakes destined for the train station that contains your dream. With a successful mentor and a positive, practical approach, you'll continue moving forward until the success you envision.

**“Life doesn't always give you what you want, but it always gives you what you need to grow, even if it comes in the form of obstacles.”**





# TAKE ADVANTAGE OF THE TOOLS AND RESOURCES AT YOUR DISPOSAL

Solutions may come in several different ways:

## 01 HELP FROM OTHERS

Has anyone you know gone through a similar circumstance and come out successfully? Are there books written by people who've succeeded in this area that detail how they arrived at their success? Can anyone in your community help you with this project?

- Ask your friends and family if they've faced a similar challenge, and ask what steps they took to accomplish their goal.
- Listen to what they say and see if you can implement their ideas into your situation.

## 02 RESEARCH

Thankfully, you can succeed even if you lack some knowledge about the path you must take. The internet contains a wealth of information that can shorten your learning curve and speed you up on the way to your success.



- Look online for websites or references about your situation. Read through discussion forums and message boards to see what others have to say about similar challenges their readers may have faced. How did they overcome them?
- ***Why waste time making mistakes, when you can learn from others who've gone before you?*** Stay focused and determined to find solutions to your challenges.
- Find out how others have succeeded, and you'll be well on your way.

## 03 CREATIVE THINKING

Out-of-the-box thinking can help you see your situation from a whole new perspective. Brainstorm new ideas and consider the benefits of each idea as a possible solution.

**“When faced with a challenge, don’t ask ‘Why me?’ Instead, ask ‘What can I learn from this?’ and ‘How can I grow?’”**







**MAKE A PLAN**

**OF ACTION**





# YOUR PLAN

Starting today, map out a plan for your project. What's the next step you need to take? If you don't know what the next step is, then your next step is to find out what comes next.

When you complete the first step, what do you do next? What do you do after that? Coming up with a game plan is simple. All you do is list the steps you must take in order. ***You can tweak and improve your plan as you receive feedback on what is and isn't working.*** The first draft of your plan, therefore, is a preliminary list of steps to your success.

For example, let's say you're battling a fear of heights. Your action plan might look something like this:

- 01** Go to a high place.
- 02** Take a step up.
- 03** Take deep, slow breaths when you feel anxious.
- 04** Take another step up.



05

Take deep breaths and remain calm.

06

Take another step up.

**“Resilience is not just bouncing back from a setback; it’s about forging a new path, a stronger self, and a brighter future.”**

Sometimes, the best way to lay out a roadmap is simply to brainstorm and write down ideas for possible tasks as fast as you can. You can always edit the list later. Whatever you decide to do, write your list quickly and then ***get started on the first task***. Your task list and plan will evolve as you progress toward your goal, gather feedback on your progress, and learn from others.







# TAKE DECISIVE ACTION

Once you've set out your plan of action, take the first action step immediately. Instead of sitting around and looking at your plan, hoping things work in your favor, make things work in your favor by taking the first step forward. This will create momentum and motivate you to honestly believe in the probability of your success.

***Following through is the key that unlocks your success.*** You're strong enough to accomplish anything you want if you're willing to follow through. As you go, notice what is working and celebrate those victories. Notice what's not working and tweak your plan as you go, learning from your mistakes and seeking the advice of successful people you trust.

The hardest part about accomplishing any goal is getting started. The good news, though, is that once you're moving in the right direction, you'll be unstoppable if you choose to be. Challenges that seem impossible when you begin your journey will seem like stepping stones that propel you upward.

***Troubles along the way simply serve as feedback.*** They serve as markers that tell you that a course correction is required.



See them for what they really are and allow them to help you on your journey.

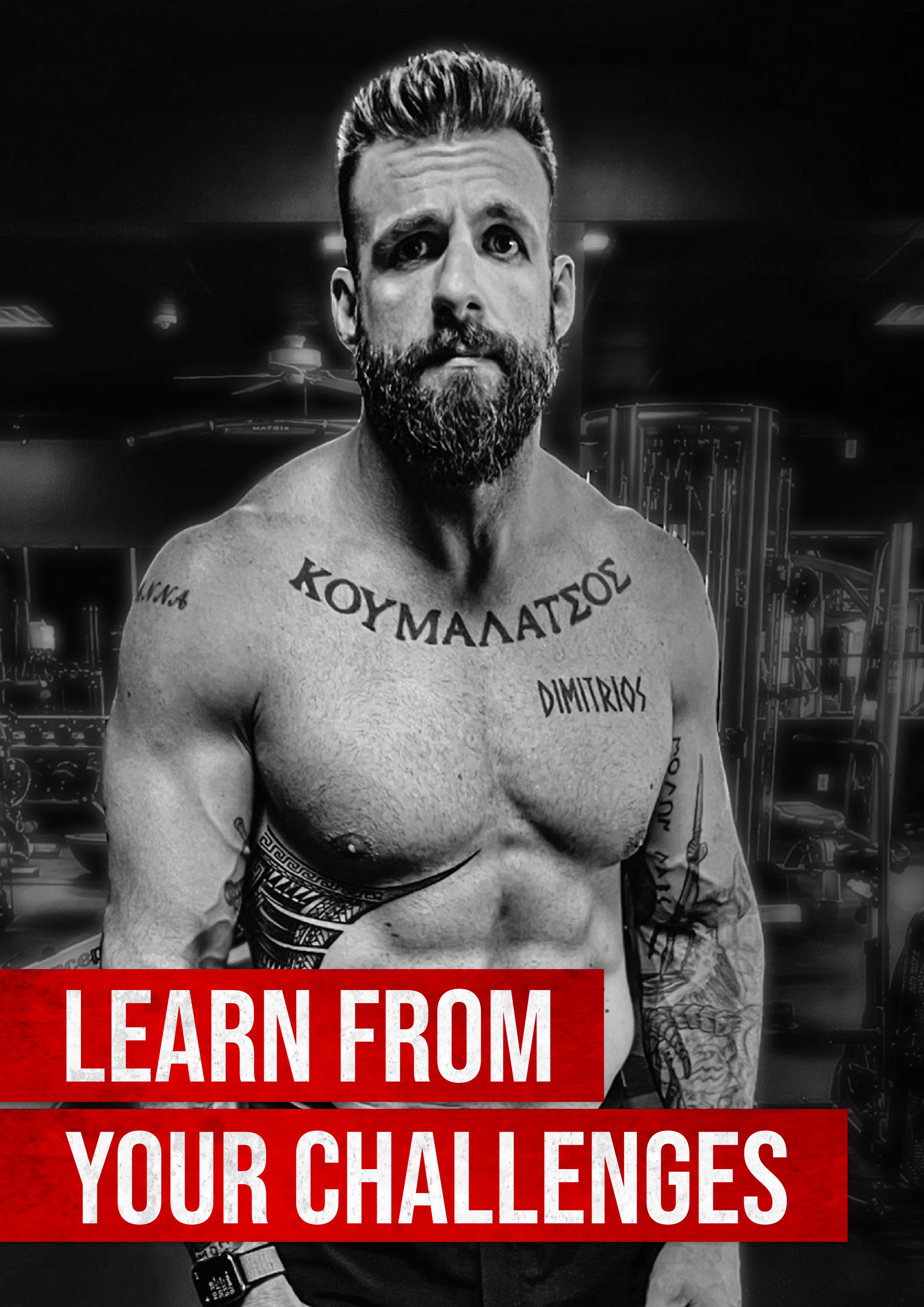
Remember that the path to your destiny is far from a straight line. You'll meander to the left and the right, but you'll achieve what you seek when you keep moving forward.

Whether you succeed or fail is entirely up to you. Often, you have far more ability and creativity inside of you than you think. Even when you lack these things, someone who has already succeeded can show you the steps and strategies you need. ***Your success awaits, and it's worth the effort.***

**“Obstacles are not dead ends but detours leading to new paths, discoveries, and new successes.”**







**LEARN FROM**

**YOUR CHALLENGES**



Learning from challenges is a critical factor that separates successful people from those who only wish their future was bright.

When you take the time to reflect on the things you've accomplished and how you got there, you'll find patterns that you can repeat for many other goals you set in your life. Why make the same mistakes, when you've already learned how to succeed?

Every situation is different. ***But often, the same creative approaches and tactics you've applied in previous situations can be used again to overcome new challenges.*** When you succeed, write down the steps you took and the results you got. Let this be your success journal that you refer to again and again when making plans for new endeavors.

As an added benefit, you'll grow when you reflect on your successes. Too often, we vividly remember our failures and shortcomings. But there are many things in your life that you've accomplished, so magnify those things by taking the time to reflect on and celebrate those victories.

When you take the time to meditate on your successes, you'll begin to jump at the chance to go after new and more challenging goals. Instead of cowering in fear, you'll welcome the pressure because you know the talents and abilities you possess are perfect for overcoming any obstacles.







# REMEMBER THE NEGATIVES, TOO

Thinking productively requires you to focus on the downsides, too. We all make mistakes. The key, though, is to learn from those mistakes. ***Decide today that you'll welcome mistakes as opportunities to learn and grow.*** When you do, nothing can stop you.

As you reflect on the steps you've already taken to reach your goal and begin to create a plan to conquer your next challenge, ask yourself:

- What obstacles did I overcome to meet my challenges so far?
- How do I overcome the newest obstacles?
- What can I learn from my past challenges that can help me be a better person in the future?
- How can these lessons improve the quality of my life?

Productive thinking is a balanced approach. If you ignore the positive things you've achieved in your life, you'll miss the value of those accomplishments.



If you ignore the challenges you face and the lessons they bring you, you'll also miss the deal in those.

Your successes and lessons are the teachers and tour guides that will lead you to the fulfilling life you've always dreamed about. When life gets scary, read your success journal and remind yourself what you can do. When the negative voice inside you wants to close your dreams before you start, your success journal can silence that inner voice.

The only thing that separates a successful person from one who only dreams of success is a willingness to decide what you want, take action, and respond effectively to the feedback you receive as you go. Learning from others can make this process much easier, but you have everything inside of you to succeed.



**“As a Marine Raider, an entrepreneur, and a man, I’ve learned that the key to overcoming obstacles is a blend of persistence, adaptability, and unshakable belief.”**





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