

Adversity is Education



We strive to become educated. Adversity is unavoidable. Why is it as women we have difficulty connecting these dots? Instead of bemoaning our lot in life, what if we embraced it to release our inner strength?

Bad things happen; we lose loved ones, we lose our jobs or clients, we are sexually harassed. The pain those moments create places us at a crossroad. The direction we take is entirely of our own choosing. We can wallow or we can stand. If we choose to stand in that moment and gather all of our innate gifts: strength, integrity, wisdom and intuition we will discover we have the power to move forward.

I have repeatedly asked myself "Why do I have to learn things the hard way?" I have discovered that it takes that impact to loosen the hold of my old way of thinking.

You may be a victim...temporarily. Don't rename your identity as a victim.

You can overcome a devastating blow if you are willing to step through it. I am not saying it will be easy or quick. The pain of your circumstance will stay with you for a while. If you keep moving the value of the growth and self-awareness you will experience is immeasurable.

I understand how you can believe it is easier to give up. The problem with that is the joy you will miss by denying yourself the opportunity to be the person you were meant to be.

The world is craving our style of leadership. Feed the craving.