

**Module 1 | SESSION 9**  
**5 Things to Remember in Tough Times**

*It is during our darkest moments that we must focus to see the light. ~ Aristotle Onassis*

What do you do when you're dealing with something incredibly challenging at work or at home that is distracting you?

**5 Things to Remember In Tough Times**

1. Keep \_\_\_\_\_.
2. Keep \_\_\_\_\_.
3. Keep \_\_\_\_\_.
4. Keep \_\_\_\_\_.
5. Keep \_\_\_\_\_.

These steps provide the margin, motivation, and energy to solve it in a productive way.

OBSTACLES are inevitable. So you can prepare for future obstacles. If you don't, obstacles will impact your progress.

**Fast Action Steps**

1. Who can you serve or encourage today?
2. Stop right now for just a moment and call them. Write them a note. Send them a text. Purchase a small, simple gift for them. Don't just make a mental note to do it later. You will forget. Don't just write their name down to call them later. You won't do it. Go ahead and do it now.
3. Let them know that they matter. Encourage them to keep going. You'll be glad you did.