

**MODULE 3 | SESSION 13**  
**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.

