

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. Кеер _____.
- 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.