

Learning from Prior Adversity

Think of a time you overcame an adversity. Chose a fairly severe adversity from your life or work, one you overcame. Record your responses to the following questions :

1. What was the adversity ?

2. What were you thinking and feeling at the time of the adversity ?

3. What information did you have and what did you need ?

4. What got you through the experience ?

5. How can this experience and insight support you in the future ? How can you access it ?