

Embracing Adversity

Show me someone who has done something worthwhile, and I'll show you someone who has overcome adversity.

Lou Holtz

By Chris Widener

Success in life depends upon being strong people with clear goals and indomitable spirits. Unfortunately most of us aren't born that way. We grow that way.

And that growth can either come from us entering wilfully into situations that will cause us to grow, or from the way we react when circumstances come upon us without our consent. The latter is what we call adversity.

Most of us spend our lives trying to avoid adversity, and I guess that is just as well. We shouldn't pursue adversity, but when it arrives, we should welcome it as a foe who, through our interaction with it, will make us into better people. Every contact we have with adversity gives us again the opportunity to grow personally and professionally, and to forge our character into one that will achieve much later on.

With that in mind, here are some thoughts on adversity, and how it can help us to succeed in every area of our lives and achieve our dreams.

Adversity brings out our resources. Horace said, 'Adversity reveals genius, prosperity conceals it'. When everything is going well, we coast.

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.

Napoleon Hill

in an even greater way to lead those around us, and to improve their lives, as well as our own.

Adversity makes life interesting. John Amatt said, 'Without adversity, without change, life is boring'. How true. Have you noticed that while we are in the middle of adversity, we only long to get out of it, but we then spend a lifetime recounting it to anyone who will listen? This is because it spices up our lives. Imagine how boring life would be if everything always went well, if there were never any mountains to be climbed.

Here are some questions for your reflection:

If you are in the middle of some adversity right now, what resources are you drawing on?

Who are you drawing closer to, and working with?

What part of your character is being tested and built up?

What can you do to view this adversity as something that will make you better for it on the other side?

Reproduced with permission from Chris Widener's *Ezine*. Chris Widener is an internationally recognised speaker, author, and radio host. He has written over 450 articles and more than ten books, including a *New York Times* and

Wall Street Journal best-seller. He has produced over 85 CDs and DVDs on leadership, motivation, and success. If you would like to order Chris's products go to <http://www.chriswidener.com>. To subscribe to Chris's free *Ezine*, send a blank email to subscribe@chriswidener.com

