



## Tools to Help When Life is Tough

1. Look for the silver lining - With every adversity there is a seed of equal or greater benefit – Napoleon Hill
2. Mindset – You are being prepared for something greater
3. Go for a small win – Small wins create confidence
4. Be intentional with your input – Input is what you put in your brain
5. Build a true support team – Dig your well before you are thirsty
6. Life is like the seasons
7. Good gets good
8. You can be exceling in some areas while struggling in others

Bonus video (if you are going through a tough time)

<https://youtu.be/S-II-HgByjo>