

The Upside of Hard Times

Six things every challenge is trying to give you. Use this guide for personal reflection or to lead a discussion with your team.

We tend to treat hard times as something to avoid or rush through. But challenges have the power to build resilience, growth, confidence, problem solving skill, adaptability, and stronger relationships, if we let them. Use the space below to reflect on your current season through each of these six lenses, or work through it as a team.

1. Resilience

Resilience is not avoiding hard things. It is how quickly you recover. Where in your life right now do you need to shorten your pity party and get back on your feet?

2. Personal Growth

Adversity does not always produce character, but it reveals and tests it. What is a current challenge revealing about you?

3. Confidence

Confidence is never the beginning, it is the result of courage. What is one courageous step you need to take, even scared?

4. Problem Solving

Every challenge sharpens your ability to figure things out. What skill has a recent hard time forced you to develop?

5. Adaptability

Your ability to tolerate uncertainty is a major predictor of success. Where do you need to loosen your grip on how things "should" go?

6. Relationships

Shared hard times build empathy and deepen connection. Who in your life could use your empathy right now because of what you have walked through?
