

PETER NG TRAINING CONSULTANCY

Asia Pacific Representative for SERVICE QUALITY INSTITUTE, USA



AWAKENING THE POWER WITHIN YOU (Enjoy Your Everyday Growth Life)

Self-Development and Motivation series ...

*“Hard times don’t create heroes. It is during the hard times when the hero within us is revealed.”
Bob Riley*

When life gives us a hard time, we usually wish that such times never have happened. We experience the pain that results from the bad events. No one likes to suffer, to feel insecure or incapable but if we looked at hard times from a different point of view, we would find that they provide an opportunity for us to unleash our real potential which would never been reached otherwise.

The challenges we are facing can be the opportunities for our growth. In a crisis or “bad” luck, when life is difficult, do not get discourage but gather the courage to get through the situation. In every circumstance, you do not get over it but going through it, as you journeyed through the crisis, you will learn and grow, by the time you come out from the other side, you have built yourself for a new level, strengthened your mind, and becoming grittier.

In order to handle life’s challenges, we need to go through tough times. This builds character, boldness, and allows us to help others. Author Napoleon Hill said there is a seed in every trial or challenge. *Every adversity, every failure and every heartache carry with it the seed of an equivalent or a greater benefit.*

Science and research show that taking on challenges stimulates cell growth in the brain. This helps us cope and build resilience. As our worlds are crashing down, we need to acknowledge our feelings, and look for ways to better ourselves and others. Hardships are opportunities for growth and learning.

Think for a minute about your life and the experiences that have shaped you. What do you see? When I do this, I recall not the times I passed the exam, got the job, fell in love, or got the promotion. I see the moments in my life that were experiential – the situations that exhausted me emotionally and left me nervous about where and what I was doing. I remembered those experiences because they helped me evolve within it. We have a choice in how we live our lives: we can play it safe and ignore what an experience is trying to teach us, or we can use it to help ourselves becoming more resilient. *Life problems does not cause depression but it’s the inability to cope that can lead to depression so make sure you learn the life skills to handle the challenges that comes your way.*

Mindset Battle – Expecting life to be wonderful all the time is totally unrealistic. *Life’s ups require life’s down.* Life is not perfect, but it sure is good. When you wake up every morning, take a good look around in a way that takes nothing for granted. Every day is a gift. Change your thoughts and you change your reality. Another way to stay mental fit during tough times is that the strongest people make time to help others, even if they are struggling with their own personal battles.

Your Greatest Fears Do Not Exist – When times are hard it can be difficult to follow your heart and take another step. It is a tragedy to let the lies of fear stop you. Fear is only as deep as your mind allows. The key is to acknowledge your fear and directly address it. You can only beat fear by facing it, not by denying or avoiding. Be courageous. Remember that courage does not mean you don’t get afraid; *courage means you do not let fear stop you from moving forward with your life even though you are afraid.*

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Life isn't Good nor Bad – When you stop expecting things to be a certain way, you can appreciate them for what they are. Over time, you will find life is interesting and with a positive attitude, you will always be pleasantly surprised what life can give you when you least expect it. You have to accept what has happened and use what you have learned to step forward. *Everything you have experienced has given you the upper hand for dealing with everything you have yet to experience.* Realize this and set yourself free.

Take Responsibility – Sigmund Freud said, “Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.” When you blame others for what you are going through, you deny responsibility – you surrender power over that part of your life. As soon as you stop making everyone and everything else responsible for your happiness, the happier you will be. *Be the hero of your life, not the victim!*

Smile and Be Positive – Life is better when you are smiling. Being positive in a negative situation is not naive; it is a sign of leadership and strength when you have so much to cry and complain about, but you choose to prefer to smile and appreciate your life instead. At the end of the day, it is not happiness that makes us thankful, but *thankfulness that makes us happy.*

Great comes with Time – Instant results are rarely the best results. With patience, you can greatly expand your potential. If your desires were always fulfilled immediately, you would have nothing to look forward to. You would miss out on the joys of anticipation and progress. *Patience is the ability to keep a good attitude while working hard for what you believe in.* It is the willingness to stay focused, confidently staking one small step at a time, and making progress to achieving your goals.

You are Not Alone – In the midst of hard times, it is easy to look around and see a bunch of people who seem to be doing fine. But they are not. We are all struggling in our own way. And if we are could just be brave enough to be open about it, and talk to each other, we will realize that we are not alone in feeling lost and alone. If you are feeling desperate right now, hear me: “I often feel and think and struggles much like you do. I care about many of the things you care about, just in my own way. Your struggles and mine are real, and we can make it through. You are Not Alone!”

One of life's gifts is the fact that life is difficult. In dealing with life's difficulties, we build invaluable strength. This strength enables us to successfully fulfil our deepest, most meaningful purposes. Hardships often prepare ordinary people for extraordinary destiny. We grow when we face challenges. Never give up and be confident in what you do. Believe in yourself. This too shall pass. It is easy to look like a star when times are good, but when times are tough, your true character comes into full view. Don't compromise your integrity; don't lower your standards; and above all, don't quit!

“You're going to go through tough times – that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events.”
Joel Osteen

Your Favorite Author & Speaker – Peter Ng