

# I can handle it

## **I can handle it.**

I am capable of handling tough challenges and difficult situations. I persevere until I reach my goals. I focus on learning and growing. I add to my knowledge and pick up new skills. Building my resources gives me the capacity to accomplish more.

I gather facts and listen closely. I ensure I understand the situation correctly. **I change the things I can and accept the rest.**

I remain calm. Managing my emotions helps me to make sounder decisions. I slow down and practice deep breathing. I visit the gym or take a walk around the block. I give myself time to consider the consequences of my actions.

**I think positive.** I concentrate on what I have to gain. I begin and end the day with encouraging affirmations.

I keep my options open. If I run into an obstacle while following my original plan, I try a different approach.

I ask for help. I cooperate and collaborate with others. I seek solutions that are

mutually beneficial.

I maintain my sense of humor. I can laugh at myself and enjoy the funny side of life. A good-natured joke helps me to release stress and work more effectively.

I turn to my faith. My connection to the divine provides me with guidance and strength. I see the positive side of struggling. I use it to increase my wisdom and compassion.

**Today, I look at challenges as opportunities.** I know that I can deal with any circumstances that come my way.

## **Self-Reflection Questions:**

1. What is one example of a difficult situation I experienced? How did I overcome it?
2. How do challenges help me to realize my potential?
3. What is the difference between responding and reacting?