

# Each hurdle I pass makes me stronger.

I take every challenge as a learning experience that can help me find my way through the next time it comes around.

***I embrace each negative situation as an opportunity to sail right through if it ever raises its ugly head again.***

I admit to feeling frustrated when the same difficulty keeps coming my way. I sometimes feel like throwing my hands up and calling it quits when it seems that certain obstacles are here to stay.

***But before I give in to the urge to give up, I stop and consider the fact that I made it past the hurdle the last time.*** That success gives me the strength I need now. It gives me the experience and strategic thinking to know how to conquer it the second, third or fourth time around.

***My resolve to conquer and move on is incomparable!***

I know that each time I conquer makes the next time that much easier. I come out of every battle with the bruises of experience and the armor of confidence that guarantee I can come out a victor the next time around.

Today, I embrace the hurdles that come my way as I aim for my goals.

I recognize that achieving a goal by overcoming difficulties is more fulfilling than attaining one with a lack of challenges. I feel confident that I have the inner strength to persevere and hit my targets, regardless of the detractors in life.

## Self-Reflection Questions:

1. Have the hurdles in my life made me more appreciative of what I have accomplished?
2. How do I empower my peers to persevere?
3. Am I confident that I can overcome any negative occurrence?