

## When I Feel ...

Looking at both lists I can see how the opposite feeling is also a possible outcome. So, when I choose a positive behavior in response to an adverse experience, I can always feel positive. For example: If I tell the truth despite if someone believes me or not, I can always feel proud of myself and innocent. From a positive state of mind I see that all of our adversity is here to reveal my greatness.

In the following step fill in the blank statement.  
For example:

When I feel ashamed, adversity is providing me an opportunity to be proud.

When I feel \_\_\_\_\_, adversity is providing me an opportunity to be \_\_\_\_\_.

When I feel \_\_\_\_\_, adversity is providing me an opportunity to be \_\_\_\_\_.

When I feel \_\_\_\_\_, adversity is providing me an opportunity to be \_\_\_\_\_.

When I feel \_\_\_\_\_, adversity is providing me an opportunity to be \_\_\_\_\_.

By acknowledging our adversity as an ally and not an enemy we can see the heroic opportunities it provides us. Where there appears to only be sadness, warriors see the heroic opportunity to seek joy! When fear is beginning to dominate my thoughts, warriors see the heroic opportunity to stay faithful! With this knowledge, you can begin to immediately release the past and reap the infinite benefits on your unique heroic path to greatness!