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Difficulties give me an opportunity to exercise my focus and determination. During trying times I concentrate on maintaining a calm soul. This approach helps me to conquer the challenges that face me.

I avoid being reactive to difficult situations that catch me off guard. While it is easy to allow confrontation to anger me, I choose to take the higher road.

I spend a lot of time on nurturing my mind and spirit. ***I train myself to keep calm when that is the least natural approach.*** It forces me to develop the will to overcome the toughest situations.

When I encounter resistance, my first step is to silence my soul. I ignore the stirrings of impatience and anger that pull at me. I block them out completely.

I realize that giving in to negativity only serves to worsen any situation. ***My focus is on overcoming the challenge at hand by counteracting negativity with positivity and peace.***

My wisdom in handling trying times encourages me to act from a place of calm reasoning. When my soul is calm, I am able to think things through. By rejecting unease at my core, I am able to make smart choices that produce finer results.

Today, I am a conqueror. I can overcome any obstacle.

With serenity, I can see the value in all my life experiences. Even obstacles become worthwhile and meaningful when seen in this light.

Self-Reflection Questions:

1. What exercises can I undertake to help me develop a consistently calm soul?
2. How often do I encounter situations that are difficult for me to control?
3. What assistance can I get from outside sources when dealing with trying times?