



Overcoming Problems and Depression

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Introduction

Problems come with life and they cannot be avoided. So the smartest thing we can do is learn how to deal with them. The reward from this is that the more we handle things well, the more empowered we become.

All of us are born with gifts. However, it is up to each and every one of us to prepare ourselves to use these gifts. If we see that no matter what happens, it is an opportunity for us to develop our smarts and wisdom, we indeed will view our problems with a different eyesight. Depression is something that usually comes with non-action. The more we learn to find solutions quickly, the more we guard the happiness that is rightfully ours. Our well-being is no longer up for grabs.

Numbing ourselves, or avoiding situations, or taking substance, or denying that there is a problem will no longer be an option. Instead we look at things head on, we find the solutions, we get to the truth and suddenly our life becomes filled with things and people who bring us happiness and joy.

Though all these things are not easy, they are simple. It is just a matter of training our minds differently and then our old habits and responses disappear. A new life unfolds and we are in charge of it, no matter the circumstances.

Exercise 1

How To Keep Your Happiness



1. Watch and participate in things that are positive. Do you do this? If not, why and how will you change this.

2. Search out people who are kind and truthful. Do you do this? If not, why and how will you change this.

3. Never give up on your dreams and search for ways to make it happen. Do you do this? If not, why and how will you change this.

4. Laugh at your mistakes that have not hurt someone. Do you do this? If not, why and how will you change this.

5. Make amends quickly to someone you have hurt. Do you do this? If not, why and how will you change this.

6. Make forgiveness more important than resentment. Do you do this? If not, why and how will you change this.

7. When depressed, actively look for something or someone that will make you happier. Do you do this? If not, why and how will you change this.

Exercise 2

How To Keep Your Power



P – persevering

Never give up on what you know is right for yourself or others. Obstacles may come in your way, but there are other paths or avenues. Be patient and wait, because timing is important.

Are you persevering? If so, over where or with whom? If not, why and how will you change that.

O – optimistic

Nothing is as it seems. There are so many variables. But once you have a dream or desire, stick with it. Believe in it, don't be swayed. Don't let others take you off your path.

Are you optimistic? If so, over what or with whom? If not, why and how will you change that.

W – illing

Be willing to try something, even if you have never thought of it or tried it before. Let doors open through change. Do not be afraid to fail, or make a mistake. Failures and mistakes are what success is made of.

Are you willing? If so, where or with whom? If not, why and how will you change that.

E – mpathetic

Do not judge another. Try to understand others failings or misfortunes. They come with great understanding for better ways to live and succeed for ourselves. As well, if we judge another, we end up judging ourselves. Success big or small is birthed from understanding.

Are you empathetic? If so, with whom? If not, why and how will you change that.

R – esponsible

Always take responsibility for your own actions within a problem. Do not blame or shame others.....more importantly, do not blame or shame yourself. Self-responsibility is the key to self-empowerment. Though we do not have the power to change another, we always have the power to change ourselves.

Are you responsible? If so, so where or with whom? If not, why and how will you change that.

Exercise 3

How To Keep Your Self-Respect



1. Use your heart as your base.

Our heart knows best. It is our greatest guide to a successful and peaceful outcome. Our heart has an intelligence all of its own and truly will guide us in the smartest and best direction.

Do you keep your heart open? If so, how and where? If not, why, and how can you change that?

2. Win trust by caring.

People do not care how much you know until they know how much you care. Caring is sharing and daring to be the difference. We live in a world with so much hatred and we must always believe that we can be the change.

Do you show enough caring? If so, how and where? If not, why, and how can you change that?

3. **Keep your values.**

Our values are our foundation. They build our life and relationships. Our values speak of our character and our character has nothing to do with who brought us up and what we have experienced. It is our stability.

Do you keep to your values? If so, how and where? If not, why, and how can you change that?

4. **Be truthful.**

Nothing can work successfully without truth. Our truth states who and what we are. Without our truth, we can lose our way and our chosen path to our life's journey. True strength is having the courage to be truthful, even if it is not popular.

Do you keep to your truth? If so, how and with whom? If not, why, and how can you change that?

5. **Have courage.**

Courage takes us through problems more than any other attribute. Our courage makes a statement to our fears...to get out of our space. This, in itself is such a freedom. A great man once said: “what we like to do next is what people tell us we can never do.”

Do you keep your courage under fire? If so, how and where? If not, why, and how can you change that?

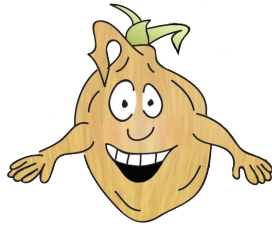
6. **Be energetic.**

Keep to your desires and goals. Most wonderful things happen because we put our good energy into it. Don't let anything get in your way. Thomas Edison had 5,000 tries before he perfected the light bulb.

Do you keep your energy up? If so, how and where? If not, why, and how can you change that?

Exercise 4

How to Keep Your Positive Attitude



Love what you do
Live one day at a time
Never lose hope
See things as they are
Pay attention
Learn from others
See yourself as you are
Take one step at a time
Be realistic with no pretense
Always seek what is right
Get enthusiastic
Never stop dreaming
Think you can
Apply your gifts
See a plan
Know when to withdraw
Begin with a vision
Keep things simple

1. Which is most important to you and why?

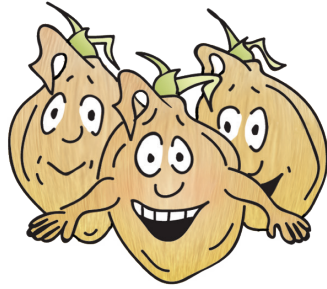
2. Which is least important to you and why?

3. Name five of the above that you do well.

4. Name five of the above that you need to work on.

Exercise 5

Mentorship



A mentor is someone you respect and admire. It can be someone famous, a family member, teacher or friend. Mentors are extremely important, as they open doors for us to think a new way, or find a new home for our talents and desires. Take your mentors with a serious eye but do not make them idols. They are not perfect, yet they may hold one attribute that you would like to incorporate into yourself.

1. Who is your **mentor for success** and why?

2. Who is your **mentor for truth** and why?

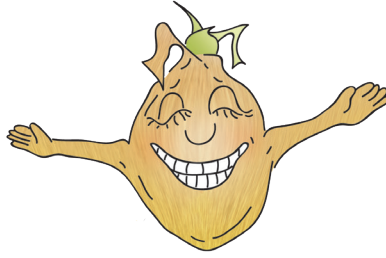
3. Who is your **mentor for love** and why?

4. Who is your **mentor for integrity** and why?

5. Who is your overall **mentor** and why?

6. Do you want to be a **mentor** for someone and if so, what?

Closing



Always remember that today's impossibility becomes tomorrow's reality when human effort is fueled by enthusiasm and belief. Life is what we think it is, so what have we got to lose in thinking it can be whatever we want it to be.

More heroes were birthed from dysfunctional parents and they became heroes and heroines because of their upbringing.....why?.....because they learned what NOT to do. As a result, they became their own hero and mapped a very different life from their early surroundings.

You are what **YOU** think you are.

Life is what **YOU** think it is.

Your dreams belong to **YOU** only and therefore only **YOU** can make them a reality.

To be or not to be?????????????....now therein lies a great question!