

Approaches to Adversity

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1. Don't fear failure. Embrace it as a necessary setback toward eventually achieving your dreams.
2. In times of self-doubt or discouragement, focus on what you can control and change it. Don't dwell on that which is out of your control.
3. If you're in a slump, develop performance goals for yourself...You'll find that once you start achieving performance goals, outcome goals become easier to reach.
4. Take a humorous approach to challenging situations. Try to step away from the situation for a moment to see the humor in it. Sometimes a new perspective can shed a great deal of light on a dark subject.
5. Discipline yourself to face inevitable challenges. It's easy to be optimistic when things are going well. The real value of optimism comes during the tough times.