*E-Book on “ Is it a Challenge or an Opportunity?”*

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*Challenges are difficult and literally challenge our beliefs, actions, our responses, our core values...They make us think, evaluate, feel uncomfortable….many people see this as a negative, or bad thing - like a punishment. How do you view challenges?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*How do you view opportunities?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*What connection might you see between the two?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*Have challenges have you had?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*What opportunities have you had?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*How can you see any of your challenges transform into opportunities for you?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*We do have to pick up our crosses and follow Jesus, but not as a punishment, or make us suffer, but crosses, or challenges are meant to have redemption, saving grace, or an offering of self-giving for others...others might view the description of a challenge of an opportunity to evaluate, assess, see where movement and actions can occur.*

*Some people see problems….others see solutions….opportunity to grow, gain insight and vision, makes changes that serve you, and reach a new goal. How might seeing challenges as opportunities vs. blocks benefit you?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*What do you imagine to be the best thing to come out of this new perception?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*How can this allow you to grow in action and movement forward?\_\_\_\_\_\_\_*

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*How might this influence others around you?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*What is your take on this idea?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*What are some thoughts you can have to support a new way of thinking?\_\_*

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*How might you want to feel when viewing challenges as solutions?\_\_\_\_\_\_\_*

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*What kind of actions can you take to feel what you want?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*How are these actions different than what you might be doing now?\_\_\_\_\_*

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*What/who can support you in your new attempts?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*How willing are you to make this a reality on a scale of 1-10, 1 being the least likely?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*If you are a 10-describe how that will look in action, if not what will it take to move up a number?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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*Desired outcomes take effort and determination, but above else, trust in God and His unending love for you and your ability-and your final outcome!!*

*He believes in you and loves you profoundly!!*

*Congrats for contemplating healthy changes in your life and taking on challenges as opportunities to success and live in abundance!!*

*Please visit my website* [*www.findinggodspeace.com*](http://www.findinggodspeace.com) *or email me at www.gina@findinggodspeace.com for questions or opinions!! I value you and know that all you need to know lies within you and the Spirits living witness in your life!!*

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