

Triumphing Over Obstacles by Darren Hardy



Every day, every one of us face obstacles.

Rich, poor, old, young, ugly or beautiful, no one avoids obstacles.

It's how you **choose to deal** with them that determines your destiny.

Obstacles even as small and simple as:

A traffic jam that makes you late,

Misplacing your keys (check the refrigerator?),

Missing a call from an important client,

Stubbing your toe, having a bad hair day, whatever.

In the moment, it can seem as if your world is coming to an end!

That's one way to experience these obstacles, but not the way of the achiever.

In spending time with thousands of high-performance achievers I've noticed a commonality to how they choose to experience and triumph over obstacles—both small and big.

Since obstacles will be constant along your path to greater success, happiness and joy, let me equip you with a strategy to overcome them—simply and with grace.

4-Point Plan to Triumphing Over Obstacles

1. Get a Grip.

Know first off that **you are not special** (in regard to obstacles).

Achievers know that life will always be filled with travails, inconveniences and big and hairy challenging problems. Deal with it gracefully.

Now that you know you aren't special, it is important to know how fortunate you really are and **gain some perspective**.

I'm honored to spend time with some of the most amazing people on the planet, many of whom have been dealt some of the most devastating of obstacles.

Two such gents are Kyle Maynard and Chad Hymas.

Kyle is a congenital amputee who doesn't have arms below the elbow or legs below the knees. But Kyle

types faster than I do (<http://www.youtube.com/watch?v=qvFtscPRgKg>) and bench presses more than I do. And I wouldn't dare wrestle (http://www.youtube.com/watch?v=7xhVaoi7_TI) him.

Chad was injured in a serious accident, paralyzing all four limbs, leaving him with only the use of his wrists and fractional use of his biceps. It takes him over two hours to get dressed in the morning. Yet he travels even more than I do, speaking over 200 times a year in now 38 countries and 7 continents. And Chad wheeled his chair (with his wrists!) over 500 miles through the desert to set a world record. And I whine and moan about running 10 miles!

Been dealt a blow recently? Attending a pity part because of it?

Go visit a local burn unit, homeless shelter or just take a short drive over to the other side of the tracks. Party over.

2. Control the Controllable.

This has been a sanity saver for me.

Atlas used to be my hero.

The guy was such a stud he could carry the whole world on his back. Admirable, but burdensome.

I learned to shrug.

I took politics, health care reform, global warming, gas prices, the economy, even my wife, friends and family off my back.

If I can't control it, I let it go.

Any aspect of it I *can* control or influence (voting, saving energy, building my business and changing my behavior) is all I ever focus on and deal with.

That eliminates 99.99% of what most people worry, fret and agonize over. Whew. Relief at last.

"By releasing control over circumstances, you gain more control over your life."

—Kyle Maynard

This is especially important when it comes to dealing with obstacles.

Take a look at the situation as it is and ask yourself, "What part of this can I control?"

Then let go of everything else. And voila! 99.99% of the mental and emotional burden is lifted and you are left to just act on the .01% that you can control—which is usually YOU and your response action.

What happens to you doesn't determine your destiny. What happens to you happens to all of us. It's how you **respond** to what happens to you that determines your destiny. —Jim Rohn

3. Ask for Help.

One of the most important key points I took away from both Chad and Kyle was how we all need to be willing to ask for help from those around us more often. Not only will it lighten your burden, but it will also empower those who help you.

People want to be of value, they want to know they matter to you. Being able to help you helps them feel important and be important. Give others that gift by asking others to help you more often.

4. Just Keep Moving.

In my interview with Kyle he shared that, “Just continuing to move is sometimes all we can do, but it’s enough. Just focus on the NEXT step. That’s all.”

Chad shared that, in his extraordinary 513-mile wheelchair trek through the desert, he used a similar strategy; he did just what was in front of him. “Don’t count the mile markers, take it one highway stripe at a time.”

When faced with your own difficult obstacles, instead of trying to figure out the solution to the entire problem, just continue to move and focus only on the next step, the next stripe on the pavement ahead.

Navy SEALs have a mantra they use when under stress, when self-doubt or that little voice suggesting you quit creeps in: “Not dead. Can’t quit.”

“A man (or woman) can only be defeated in two ways... if he or she gives up, or if he or she dies.”
—Navy SEAL Veteran Richard Machowicz

Stuck, not sure what to do? Just keep moving forward... one single (small as it may be) step at a time. If you’re not dead, don’t quit, just keep moving.