

7 Steps To Make Adversity Your Advantage

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1. Acknowledge It

a. Self-Awareness Is KING

- Where's the pain? Locate the root.
 - Personal Adversity
 1. Abandoned at birth by biological parents
 2. Sexually abusive & verbally abusive home
 3. Death of best friend, grandmother, mother
 4. No family
- Drama Triangle. What role are you playing?
 - **Victim** – Wronged party, receives sympathy from others, looks to be saved by a “hero”, passive, blames others and inactive in personal rescue
 - **Villain** – Everyone hates the villain. No one wants to be the villain. The villain usually sees themselves as the hero.
 - **Hero** – Position of action, defends their interests, has a positive view of themselves, courageous, noble and selfless.

b. Take Inventory

- **Who** are the people, places and things limiting your progress?
- **What** are the behaviors, habits, ideals that are limiting your progress?
- **How** are your feelings & emotions impacting your progress?

2. Accept Your Story

a. Embrace ALL OF IT

- We either deny or accept – acceptance leads to growth
- I am a culmination of ALL of my experiences.
- I declare ... that I deeply and completely accept myself with any challenges and all my strengths. I needed, both my peaks and valleys, to create my journey
- If I own it, outside people and forces cannot.
- “Forgiveness is letting go of the idea, the past should've been any different.” – Oprah Winfrey

b. Play Hurt

- Life isn't fair. I am not being punished.
- Bad things do happen to good people.
 - People you love will die

- You will be apart of tragic events, crisis and chaos
- Terminal illness will effect you or someone you love
- People will tell you that you're not good enough. People aren't entitled to choose you.
- Rejection is giving someone else's 'NO' more credit than necessary
- I will make mistakes & others will make mistakes that affect me.
- 'Perfect' conditions don't exist.
- Adversity ignites my growth, creativity & rediscovery

3. ReWrite It - 'I Am The Hero'

- a. Reprogram your main server. AKA = Sub-Conscious Me
 - "We don't see the world as it is, we see the world as we are." – D. Steven Covey
 - We see the world through paradigms. Paradigms are images we hold in our minds about the world. Our map and frame of reference for things. 'Assumptions'
 - Those inherited beliefs, habits & ideals are running your life. They create our **attitude** towards things, which lead to our **actions**.
 - End suffering, start focusing on things greater than yourself
 - Suffering exist because we are obsessed with our pain.
 - "As A Man Thinketh, So Is He" by James Allen
 - (TGT) Think Good Thoughts. Thoughts are the genesis of all creation.
 - You must bring order to your dysfunction
 - The law of attraction states that whatever you can imagine or visualize can be transformed into physical reality
- b. Redefine your self-image and identity.
 - Identity guides your behavior.
 - Be clear about who you want to be.
 - Create your own definitions for success and failure
 - Statements of Truth (rededicate yourself everyday)
 - I am beyond titles, labels, statistics, dates and events
 - The power inside of me has never been calculated
 - Failure is an event, not a person.
 - Tough times don't last, tough people do.
 - Life will demand that I be heroic & I will answer that call
 - Failure is never failure until it is accepted as such
 - 'Winners Creed'

4. Model It

- a. 'If They Can Do It, So Can I.'
- b. To see yourself in someone is liberating.
- c. Study.
 - What steps did they take?
 - Who are their mentors?
 - What books did they read?
 - How did they overcome their adversity?
- d. Historical moments – History proves that we have the capacity to overcome the most difficult circumstances
 - Civil Rights
 - Holocaust
 - 9/11
 - Katrina
- e. Oprah Winfrey (Poverty, Sexual Abuse, Woman, Minority)

5. Vitamin E & G - Empathy & Gratitude

- a. E & G changes the lens for how you see the world. We must implement DAILY
- b. Gratitude is the fire that ignites our highest form of emotion, which is LOVE & FAITH.
- c. The Law of Polarity – Everything has it's opposite
 - If an event is bad. It must also be good. Find the good.
- d. Empathy allows you to reason with others. Empathy eliminates judgment and expectation.
- e. Empathy allows you to see yourself in other human beings.

6. State Your 'Cause'

- a. Your '**CAUSE**' is your definite purpose in life. What sets your soul on fire?
- b. A true obsession for a cause greater than yourself can end suffering.
- c. A strong faith in your '**CAUSE**' will attract... the right people, circumstances, opportunities, events, movies, music, books etc.
- d. Your '**CAUSE**' will be what's left behind when you are long gone. It is your positive contribution to those you will never meet.
- e. 'Your Dash'

7. Share It

- a. You heal, what you reveal
- b. Transformation is not becoming something you never were... it's unveiling who you've been all along
- c. Celebrate what makes you different.
- d. We usually wait to do this at funerals; memorial services or once something has come to its end. DON'T WAIT.

Session Length – 30 Minutes