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## **How I overcome challenges**

Life is full of challenges that can come in many different shapes and sizes. Whatever life throws at us we must be ready to stand tall, and to be strong. We must know how to overcome any challenge that we are faced with. When times are hard we must rise up and take control. This takes humility, commitment, and a heart of fire. Here are 10 ways to help:

### **10 Ways to Overcome Challenges in Life**

#### **1. Make A Plan**

While you don't know what is going to happen in the future, you can always plan ahead. Look at the patterns in your life and see what challenges you've struggled with. Assess the optimal outcomes and make a plan for how you can achieve them.

#### **2. Know You're Not Alone**

Every person in this world has their low points. Some may handle or even hide it better than others. But the truth is, whatever you are going through, there are others who have been through it too. You're not alone.

### **3. Ask For Help**

You're not alone, so you can find help. There's no need to feel ashamed for asking for help. Whether you choose to rely on a loved one, a stranger, a mentor, or a friend, there are people who want to help you succeed.

### **4. Feel Your Feelings**

By masking your feelings, they are not going to go away. Rather, feelings become trapped energy and can even have negative health consequences when they are ignored.

### **5. Accept Support**

Asking for help is only one side of the coin. On the other side of the coin, you have to be open and willing to accept support. People who come to your aid truly do care about you. Be open to receiving help when you need it.

### **6. Help Others**

The old adage goes, "What you give is what you get." If you've been through a situation or have advice for someone you know who is going through a tough time, be sure to help out! Helping others not only benefits them, but it can also help you feel happier yourself.

### **7. Think Big**

It can be easy to let yourself think small because of the fear of failure, or even the fear of making a decision. But, to accomplish great things in life, you have to be open to taking risks. With whatever challenges may arise, always think and dream big. Try not to let your thoughts get in your own way.

### **8. Positive Mindset**

What you think becomes your reality. Train your mind to think positively. This will take both time and practice. It begins with mental awareness. You can practice awareness through mindfulness techniques and meditation. When you

get good at acknowledging your thoughts and letting them pass, you can stop negative thoughts in their tracks.

## **9. Don't Give Up**

When a challenge arises, be it a big test in school or an upcoming running race, don't give up! Persistence is a huge key to overcome challenges. Giving up means that you will neither overcome the challenge nor learn from it. Power through challenges by asking for support, feeling your feelings, and making a plan to work through it.

## **10. Work Smart, Not Hard**

Generally, there is more than one way to get something done. However, there's always just one optimal way, or best way of doing it. To work smarter rather than harder, start by working backwards. Outline and define your goal. Then, plan the process for how to get there. Perform research to see how others who have come before you have done it. Take count of your own skills and ideas for how you may be able to do it better. Then, stick to your path and get to work!

# **The End**

## **What I do when I fail**

I learned a more flexible mindset. When you are rigidly trying to stick to a plan or achieve a goal, and things don't go according to plan, then you feel like crap and things can get derailed. But if you have a more flexible mindset, and think, "I might not be able to go according to plan but that's OK because things change," then it's not a disaster when you get off track. There's no single track that you have to stay on.

I came to realize that every attempt is about learning. When you fail, that's actually really good information. Before you failed, you thought that

something would work (a prediction), but then real-world information came in that told you it didn't work. That means you now know something you didn't know before. That's excellent. Now you can adjust your plan, figure something new out, try a new method. Keep learning.

### **Ask For Help**

I ask for help. When I'm struggling with something, I know that I can either give up, or I can figure out a better way. But it's not always easier to figure out a better way, so I reach out to my wife, friends, trusted family members, and I ask them. They might give me simple, obvious, why-didn't-I-see-that advice that I need, or brilliant tips, or accountability. Whatever happens, my friends and loved ones never seem to fail me.

### **Give Yourself A Break**

I give myself a break. If I'm struggling, sometimes my mind or body just needs a break from the discipline. So I'll take a day or two off, or a week, or even more. There's no set time that's right for every situation, so I've been learning to go by feel. For some things, I've taken a month or two off from trying to learn something.

I remind myself why it's important. It's easy to give up on something, because not doing it is always easier. But giving up means you're losing something important, like helping someone, and so if my reasons for doing something aren't just selfish (pleasure, vanity), then I will renew my vigor for the struggle. This alone is often enough to get me going again, especially if I'm doing it to help someone important, like my kids.

### **Remind yourself why it's Important**

I realize that I'm far from perfect, and that the guilty secrets I hide inside myself are no different than anyone else's. You guys are just like me, in the inside, and while we all share the commonality of failing to live up to our better nature, we also share the bond of being able to start again.

**The End**

## **The Biggest Goal I have achieved so far**

The biggest goal in my life is to have a successful career because of the following reasons. First of all, I can be independent economically & I will get respect from everyone. If I see a beautiful dress or lovely wallet on the Internet that I like, I can freely buy it without permission anybody. Secondly, I can do what I love the way I like.

Travelling abroad in places I like such as beautiful Manchester city, gorgeous Paris capital and rich Dubai city. Eating the famous street foods as Gringas from Mexico, Chroo con chocolate from Spain, Ramen from Japan and Mixed "Pho" from VietNam.

Moreover, having a successful career, I can help everyone both physically and materially specially my family. I can show gratitude to my parents by many ways but the best way which is my parents can see me having a good job. I can help my brother & sister with their studies & creative nice job for them nice job. It is my responsibility. Thirdly, with my good conditions I have, I can find a suitable mate. We can work together, share joy & sadness and love forever. In a nutshell, I'm still trying to achieve the goal of my life with the striving & efforts.

## **The End**