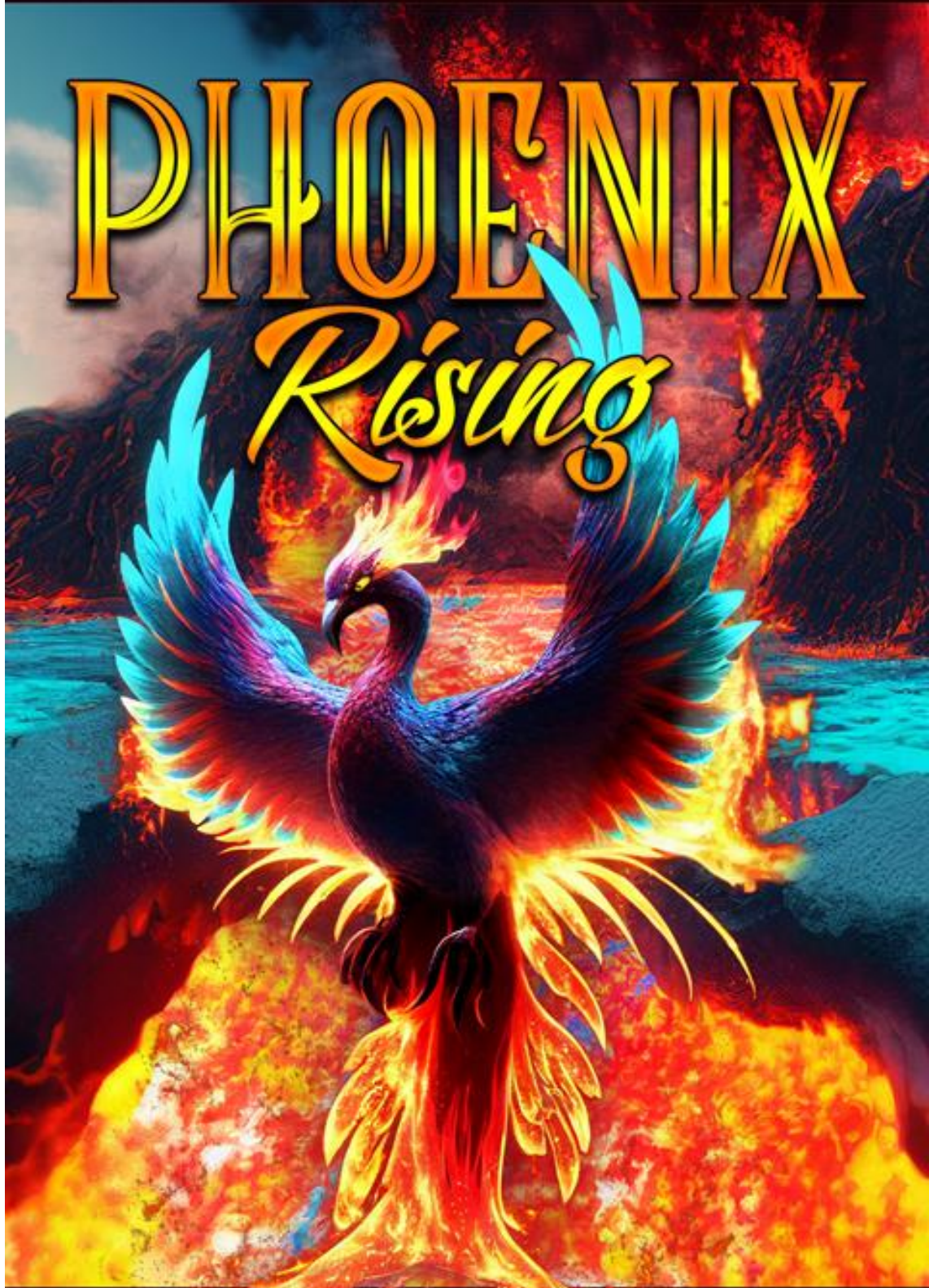


PHOENIX

Rising



**PULLING YOURSELF UP
BY YOUR BOOTSTRAPS TO SUCCEED**

Phoenix Rising Cheat Sheet

It can be very difficult to recover from setbacks, but getting back up after unforeseen disasters is one of the most important aspects of success. No plan is completely foolproof, and there are almost always going to be times when you are tempted to give up or you feel convinced that you are never going to be able to recover from the challenge that has befallen your plan. But goals are made to be accomplished, and you have to master the art of getting back on your feet. This cheat sheet will summarize all the wisdom in *Phoenix Rising: Pulling Yourself Up by Your Bootstraps to Succeed*.

Understanding Your Challenge

Ask yourself what is holding you back

Define the issue you are facing in

detail Face your fears

Processing Your Challenge

Learn how the challenge you have faced has affected

you Journal about your experiences

Speak about your challenge to other people to get a fresh perspective

If necessary, seek out a qualified professional to help you process your feelings.

Support groups or groups of other people dealing with similar challenges may

help to understand your struggles in a new light.

Accepting Adversity

View setbacks as a normal part of life

Prepare for setbacks by looking several steps ahead.

Assume something will go wrong at one point so you are not thrown off by challenges.

Plan ahead for the worst-case scenario

Changing Your Mindset on Mistakes

Interrupt negative thoughts with positive thoughts

View every mistake as an opportunity to learn

Anticipate mistakes as a typical part of life

Improving Your Negative Thinking Patterns

Overcome fear of mistakes by accepting them

Think more positively by building more confidence

Keep in mind the negativity bias and strategies to cope with it
Exercise as a way to improve positive brain chemicals

Mantras and affirmations as a way to combat negative thinking

Stop Fearing the Future

Taking accountability for your actions

Viewing every choice as an opportunity to pave a new path

Allow yourself to feel excitement for the future's potential

Believe in yourself and your goals

Have faith in the planning process

Plan A, B, and C

Always think at least three to seven steps ahead

Don't get overly attached to any particular plan; they are all a means to an end, as long as you get there.

Remain flexible; plans can change, even if the end goal remains the same

Moral Support and Mentoring

Surround yourself with positive people

Cut out toxic people

Seek out achievers

Adopt a mentor

Find people who will help lift you up and support your dreams rather than pushing you down

The Benefits of Gratitude

Gratitude can change your perception

Journaling is a way to measure your progress

Change your mindset by learning to appreciate the opportunities for gratitude you encounter daily.

Routine and Structure

Have a good morning routine

Set time aside daily to work on your goals

Don't over-do it or you may lose motivation

Nourish your body with healthy foods and

exercise Preparing your calendar for success