

## **Are you bigger than your problems or are your problems bigger than you?**

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**Problems, obstacles, issues, and challenges are going to happen. In fact, they happen every day.**

**Some are so small that you don't even notice them. These are the ones that you are significantly bigger than.**

**It's with the bigger problems that we get to rise to the challenge. You know, the ones that keep you up at night. The ones that the voice in your head says, "I don't know what to do." This is your moment of truth. Will you find a way to be bigger than your problem or will you complain, throw in the towel, or blame someone else?**

**You are a smart and competent person. I know you can solve and overcome anything that comes your way.**

*Put your hand on your heart and say:*  
**I am bigger than my problems.**