

**Challenges make life interesting, however,  
overcoming them is what  
makes life meaningful.**

Mark Twain

**We are all faced with challenges. Some of us have more challenges than others and some days or situations are more challenging than others.**

**Big Challenge: Facing a life threatening illness.**

**Small Challenge: Communicating with a difficult friend, co-worker or client.**

**It is how we approach and work through our challenges that helps to define who we are.**

**Only you get to decide the attitude and approach you take to solve each situation. Will you throw a pity party or will you find the courage to actively find a solution?**

*Put your hand on your heart and say:*  
**I choose to overcome my challenges.**