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**Quote of the Month**

*“Our most significant opportunities will be found in times of greatest challenges.”*  
~ Thomas Manson

**Dear Jean,**

I wish I knew why this year is marching along so quickly. It is June and the last time I reached out to everyone was back in February. As I reflect a bit on the past few months and recount the opportunities and challenges I have experienced, time and health take center stage. About the middle of February, I embarked on a travel schedule that included 3 international trips and had me on the road for 9 ½ out of 14 weeks. Yes, I was excited about all of that - great work, great company, and more opportunities to professionally and personally stretch and grow. And from the beginning, I struggled with the challenge of a bum heel and then leg pains. I am sure the long stretches of plane travel didn't help. Managing this challenge meant that I had to slow down a bit and focus. Learning to step up to the challenge and focus beyond the pain to what I needed to do to take care of myself created some choices and decisions of what to do when, and how much. We have all been in this space of having a great opportunity in front of us and knowing there are challenges that come with this. And it works in reverse – with your next challenge, figure out what the opportunity is that is available to you – it really is there and maybe even more than one!

~ Jean

**5 Opportunities / Challenges to Embrace ... They Inspire!**

- 1.
- 2.
- 3.
- 4.
- 5.



What is the last and best opportunity that came to you? What did you decide to do with this opportunity? Did you embrace the opportunity and move forward? Did you acknowledge the challenges that came with taking on the opportunity? What was it that got in your way – was it an event or a person? Were you able to see beyond the challenges and create a stronger

opportunity as your outcome? So many questions and as many more if I were to ask you to think about your most recent challenge you were faced with. We can hardly separate these two concepts as one rarely happens without the other.

In a blog on May 3, 2010, Laura Mackler offers "*4 Steps For Turning Challenges into Opportunities*". She shares these insights.

- "Corporate layoffs can provide the opportunity to find a more meaningful job, transition into a new career or pursue the dream of starting your own business."
- "...deliberately shifting your focus to unearth and explore the opportunities inherent in these challenges can help you move from a state of insecurity, powerlessness, or fear into a state of empowerment, inspiration, and action."
- Ms. Mackler's 4 Steps ...
  - Try to keep your exposure to negative messages to a minimum, keep yourself informed ...
  - Make a list of the ways the current crises are impacting you or your life.
  - Write down the opportunities inherent in each challenge.
  - Recognize that there are some challenges that are simply beyond your control ... turn your energy and attention to those challenges with opportunities you can act upon.

### Affirmation to Affiraction - Positive Thinking to Positive Action

**Affirmations** (© Louise Hay, Affirmations for Healing)

- I understand clearly and I am willing to change with the times. I am safe. (feet)
- Joyous new ideas are circulating freely within me. (circulation)

### Affiractions

- I take on the challenge of learning a new technology and share this knowledge with others.
- I grasp two new ideas and integrate them into a new experience today.

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