

# The Tough Times Manifesto

1. Shit happens. Quite often. To almost everyone. It's best to learn how to tango with the tough stuff.
2. Choosing how you think and feel about tough times is powerful. Choose your perspective deliberately.
3. Worrying wastes energy. Focus on what you can control and let the rest go.
4. Each choice you make can shrink, stagnate, or expand your life. Choose wisely.
5. If your tough time comes from an important choice you've made for yourself, honour your reasons and keep taking the next right-feeling step forward.
6. Tough times hone your superpowers - if you've ever wondered what yours are, you'll soon find out.
7. Outsource. Accept help. Now is not the time to be an island. Allowing yourself to be helped through tough times is a sign of wisdom, not weakness.
8. There is always a flipside to every tough time. The light within the dark may not be obvious right away but keep an open mind and it will show itself.
9. You don't have to fight tough times. Fighting can be exhausting. Rest, breathe, feel whatever you feel, and allow yourself to flow forward to a better place.
10. If tough times have caused you to re-think your life, grasp this golden opportunity. Allow the change you need the most.
11. Tough times build character. They gift you grit, teach gratitude, and often provide the greatest growth of your life.
12. This tough time shall pass. Life is after all, amazing.