



Mondays with Mike

AULTCARE



Adaptable People Focus on Opportunity

What is the difference between an obstacle and an opportunity?

Our attitude toward it.

Every opportunity has a difficulty and every difficulty has an opportunity.

- J. Sidlow Baxter

In a recent leadership development session hosted by Kristy Frieden, she shared the following key reflections that allow us to use every challenge as an opportunity. By shaping our attitude in the ways that the questions suggest, we can take a seemingly monumental obstacle and scale it to see something new and exciting.

Enjoy these reflective questions, allowing them to be your teammates as you take on a challenge this week:

- What can I learn from this experience?
- How can I grow wiser, stronger, and better because of it?
- What opportunities does this situation present?
- What do I want to achieve?
- What positive actions do I need to take?

The best leaders, mothers, fathers, coaches, and friends are adaptable because they focus on the opportunity in all situations.

Have a great week!

