

EMBRACE ADVERSITY...

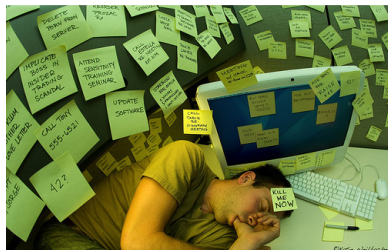
to create a world of abundance!

You know how they say that there are two certainties in life; death and taxes? Well I would like to add another one to the mix. It is 100% certain that you will be confronted with adversity in your life, maybe even on a regular basis. I am sure you would agree with that. Do you try to avoid adversity and get really upset when it happens? Or do you embrace adversity as an opportunity to learn and grow?



Like everyone I have had my fair share of adversity and I am sure like many people I have had my fair share of 'spitting the dummy', 'sucking my thumb' and blaming everyone and everything else except me!

I used to suffer badly from a horrible disease called PLOM – this disease is 'poor little ole me'!



After many years of the devastating effects of this disease I finally discovered that the remedy was an attitude that says; *"it is not what happens to me that matters it is how I respond and what I learn from the experience that counts"*.

Let's face it in the pursuit of our goals or even just in our normal day-to-day lives we are confronted with adversity. How do you handle it? From my experience in my own life and working with other people I have learned that what ever the circumstances are or whatever the adversity is, your response will either make your life significantly and abundantly better or potentially devastatingly worse. The good news is that you get to choose.

How would you React?

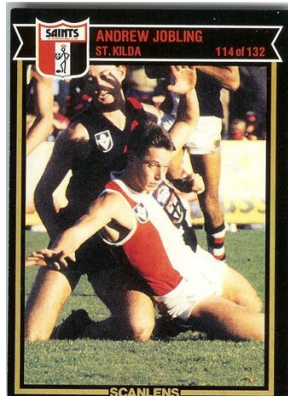
As a personal trainer for many years I worked with hundreds, even thousands of people that wanted to lose weight. Every month I had to deal with many people that had not got the result they wanted; their weight either stayed the same or, god forbid, it may have even gone up! It was incredible the range of reactions I would get. There were the exceptional few that would ask "what can I do better to ensure that I get the desired result next month?".



These people learned from what they had done wrong and in every situation would go on and make the desired changes and get incredible long term results. Unfortunately, the vast majority of people would instantly get upset and depressed and either; get really down on themselves for being hopeless or they would blame me, other people or circumstances. In other words they 'spat the dummy'. All this did was decrease their own self esteem and even further reduce their chance of getting long term results. In fact I still know many of these people today, many years since I have been a personal trainer, who are still out

of shape, unhealthy and who are still blaming other people or circumstances. What about you?

Andrew 'Spits the Dummy' and suffers as a result



I have my own 'dummy spitting' and 'thumb sucking' story I would like to share and then we can move on. I played for a professional AFL football team in the 1980's. I was there for 6 years from the age of 17-23. It was a trying time for the club – they had had limited success and the stress of this was telling on all concerned. Two weeks after the end of the season in 1987, after I had played in a grand final on the MCG, I woke up and read in the newspaper that I had been sacked from the club!

My immediate reaction was to get drunk! So I did! Then I went into victim mode; I blamed the club, I blamed the fact that I was too skinny – I had a serious case of PLOM! I carried this anger and resentment around for many years and as a consequence I never achieved what I wanted to at the highest level of the sport. Whose fault was this? It was 100% my fault, because I could have responded differently. I could have made an appointment with the club to find out why I had been let go. I could have then worked on my weaknesses to turn them into strengths. I could have had another go or gone to many other clubs and got another opportunity, but 'no' I chose to 'suck my thumb' instead!

So, who was affected by my reaction? Did the club care? No, they kept going. Did the other players care? No. Did the fans care? Maybe for a millisecond! The only person impacted by my dumb reaction was me, forever! By the time I had realised what an idiot I had been it was too late!

What about you? What have you reacted about that is holding you back? What resentment or anger are you holding onto that is stopping you from moving forward in your own life. Remember the only person impacted by your reaction to adversity is you!

Turning Adversity into Abundance

My mum has been an inspiration to me and still is. In the late 1980's she was diagnosed with breast cancer. After months of devastating chemo and radio therapy and all the side affects that resulted and just when she thought it was all clear she was diagnosed with secondary cancer in her liver! I think you would agree that would be defined as adversity!

She was given less than 5 years to live by the traditional medical profession. It was lucky that she wasn't good at following instructions!! She made a decision that this diagnosis wasn't going to the end of her life, but the beginning of it! She responded with a strength and an attitude that inspires me every day. She did everything possible to fight a disease that would never rest. She never gave up, even when the signs were so heavily against her. She decided to live every day as if it were her last and created incredible abundance in her life. Abundance of strength and inner power, abundance of important relationships, abundance of time, abundance of experiences and an abundance of self love.



I am sad to say she lost her fight in late 2004 after 15 years – ten more, by the way, than her doctors predicted. They didn't predict the character, strength and courage of this lady who decided to create abundance from her adversity and live her last 15 years to the fullest. A wonderful quote from an unknown source says; *"It is not about how many breathes you take, but how many moments that take your breathe away!"* I know mum, in her last 15 years had many moments that took her breath away!

If you have ever lost a parent, a child, a brother, sister or anyone close to you then you will understand the devastating heart break. Losing my mum was the hardest thing I have ever experienced in my life and for a while it was very difficult to focus on anything. But I made a decision to look for the positives and look for the lessons. This is a far cry from the young Andrew Jobling who had a hissy fit after being sacked as a professional footballer!

How could I take this tragedy and find some meaning? Rather than be depressed and paralysed by my mums death, I decided to be inspired by her courage and the lessons that she taught me. I began to spread the message through my speaking and writing to help others not only avoid what she went through and what we as a family went through, but to get up, get out and create some abundance in their own lives.

I wrote a book *called 'Dance Until It Rains'* that was inspired by her life and her courage and I was recently overwhelmed and grateful to find a publisher that agreed to publish it! I cried and now have set the goal to sell 1000,000 copies. Together my mum and I are changing lives – she isn't gone, she is with me forever and influencing and inspiring me to be the best I can be.



Again I ask; what about you? How can you take adversity in your own life, find the blessing and turn it into abundance?

Here are four ideas to help you. Whenever you are confronted with challenges, obstacles and/or adversity;

1. **Look for the positives** – in some cases it may be heavily disguised, but in every case and every situation there is a positive to be gleaned from it.
2. **Find the lesson** – ask the question; "What can I learn from this?". Then use the answer to create an opportunity to improve your own life or the lives of others.
3. **Look for a solution** – there is a way around every obstacle if you are 'solution-oriented'. Don't blame, feel sorry for yourself or give up – find the solution, it will always be there.
4. **Don't go it alone** – find a trusted friend or mentor to help you see beyond the adversity and give you the perspective to help you find the abundance that awaits.

There is no avoiding adversity, it will always present itself in your life. Will you let it take you down or will you use it to create abundance in your life and that of others. The latter option is the way to go. Enjoy the journey