

A large tree with vibrant green leaves stands in the center of the frame. Behind it, a bright sun rises, creating a lens flare and illuminating a dark, smoky or misty background. The overall scene conveys a sense of renewal and hope.

RISING FROM THE ASHES

PULLING YOURSELF UP
BY YOUR BOOTSTRAPS TO SUCCEED

Rising from the Ashes Cheat Sheet

It can be very difficult to recover from setbacks, but getting back up after unforeseen disasters is one of the most important aspects of success. No plan is completely foolproof, and there are almost always going to be times when you are tempted to give up or you feel convinced that you are never going to be able to recover from the challenge that has befallen your plan. But goals are made to be accomplished, and you have to master the art of getting back on your feet. This cheat sheet will summarize all the wisdom in *Rising from the Ashes: Pulling Yourself Up by Your Bootstraps to Succeed*.

Understanding Your Challenge

- Ask yourself what is holding you back
- Define the issue you are facing in detail
- Face your fears

Processing Your Challenge

- Learn how the challenge you have faced has affected you
- Journal about your experiences
- Speak about your challenge to other people to get a fresh perspective
- If necessary, seek out a qualified professional to help you process your feelings.
- Support groups or groups of other people dealing with similar challenges may help to understand your struggles in a new light.

Accepting Adversity

- View setbacks as a normal part of life
- Prepare for setbacks by looking several steps ahead.

- Assume something will go wrong at one point so you are not thrown off by challenges.
- Plan ahead for the worst-case scenario

Changing Your Mindset on Mistakes

- Interrupt negative thoughts with positive thoughts
- View every mistake as an opportunity to learn
- Anticipate mistakes as a typical part of life

Improving Your Negative Thinking Patterns

- Overcome fear of mistakes by accepting them
- Think more positively by building more confidence
- Keep in mind the negativity bias and strategies to cope with it
- Exercise as a way to improve positive brain chemicals
- Mantras and affirmations as a way to combat negative thinking

Stop Fearing the Future

- Taking accountability for your actions
- Viewing every choice as an opportunity to pave a new path
- Allow yourself to feel excitement for the future's potential
- Believe in yourself and your goals
- Have faith in the planning process

Plan A, B, and C

- Always think at least three to seven steps ahead
- Don't get overly attached to any particular plan; they are all a means to an end, as long as you get there.
- Remain flexible; plans can change, even if the end goal remains the same

Moral Support and Mentoring

- Surround yourself with positive people
- Cut out toxic people
- Seek out achievers
- Adopt a mentor
- Find people who will help lift you up and support your dreams rather than pushing you down

The Benefits of Gratitude

- Gratitude can change your perception
- Journaling is a way to measure your progress
- Change your mindset by learning to appreciate the opportunities for gratitude you encounter daily.

Routine and Structure

- Have a good morning routine
- Set time aside daily to work on your goals
- Don't over-do it or you may lose motivation
- Nourish your body with healthy foods and exercise
- Preparing your calendar for success