

LifeFOCUS

Discover the Power of Perspective

By Dr. David H. McKinley

DEALING WITH LIFE'S DOWNTURNS

"Many people are training for success when they should be training for failure. Failure is far more common than success; poverty is more prevalent than wealth; and disappointment more normal than arrival." —J. Wallace Hamilton

"Enjoy prosperity while you can. But when hard times strike, realize that both come from God. That way you will realize that nothing is certain in this life." Ecclesiastes 7:14

"In the game of life, it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season."
—Bill Vaughan

"If you faint in the day of adversity, your strength is small." Proverbs 24:10

How can we prepare and what can we do to deal with volatility and the downturns of life?

► REGROUP

People think failure (a downturn) is . . .

- 1) Avoidable. It's not!
- 2) An Event. It's not!
- 3) Objective. It's not!
- 4) The Enemy. It's not!
- 5) Irreversible. It's not!
- 6) A Stigma. It's not!
- 7) Final. It's not!

Failing Forward, John Maxwell

► RENEW

"There is no doubt in my mind that there are many ways to be a winner, but there is really only one way to be a loser, and that is to fail and not look beyond the failure." —Kyle Rote, Jr.

You have to get a fresh vision.

"Where there is no vision, the people perish..."
Proverbs 29:18

You have to make adjustments.

3 Times in Life When People Change:

- 1) Hurt enough they have to
"There is a certain relief in change, even though it may be from bad to worse; as I have found in traveling in a stagecoach, that it is often a comfort to shift one's position and be bruised in a new place."
—Washington Irving
- 2) Know enough they want to
- 3) Receive enough they are able to
"Give instruction to a wise man, and he will be wiser; teach a just man, and he will increase learning." Proverbs 9:9

You have to get back into action.

► RELOAD

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." —Booker T. Washington

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."
Proverbs 3:5-6