



When  
Life  
Gives  
You  
Lemons  
**THE WORKBOOK**

**WHEN LIFE GIVES YOU LEMONS: WORKBOOK**  
**[URL OR BRANDING]**

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# INTRODUCTION

Do you feel like life is getting the better of you, and no matter what you do you can't escape the strong grasp of adversity, doubters, and failures? Well, here in this workbook we're going to give you a few exercises to help you turn that around.

Everyone across the globe will encounter negative situations, have bad experiences lodged in their memory, and feel awful emotions from time to time. Expecting everything to go as planned will only lead to repeated disappointments. When it comes to problems, it's the way in which we respond to them that shapes our lives, though. Embrace the challenges, learn from the mistakes and grow as a person in the process. Happiness and success are ultimately in your hands, and it's your responsibility to take charge.

We're going to help you with three specific problem areas. We have exercises to help you face adversity, deal with doubters in your life and deal with failures that you might experience.

Throughout your life, you're going to face adversity. But, handled correctly, adversity gives you an amazing chance to build strength and resilience.

It's probable that you'll come across some doubters. But having people expecting you to fail doesn't have to be a bad thing. Doubters can spur you on to prove they're wrong. If they are giving you that much attention, you must be doing something right.

Finally, we come to failure. It's fair to say that millions of people fear failure. Instead of fearing failure, you should honestly value it. Why? Because without making mistakes, coming in second-best or downright failing, you'll never have the resources to improve your skills, bolster your knowledge or gain wisdom.

So, let's help you take control of your life. Completing this workbook will help you turn around your life of lemons and turn adversity, doubters, and failure into fuel for success.

# Dealing with Adversity

If you view adversity as a puzzle to solve and a chance to grow as an individual, you're going to tackle problems head-on, and nine times out of ten you're going to overcome the difficult situation.

No matter who you are, we all have goals that we want to achieve. You must write those goals down if you haven't done so already. When they're down on paper, they become real. A recent study concluded that you're 42% more likely to reach your goals if you write them down. There's no excuse. Write those goals down.

**EXERCISE 1)**

So, the first exercise is to find the one goal that you desire most. Take 15 minutes and concentrate hard on your dreams without distraction. What are your dreams?

What's important to you? What would you do if you had enough money? What makes you happy?

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

I want \_\_\_\_\_

Now look at that list and pick out the one dream that you desire most. Write it down.

I want \_\_\_\_\_

Take that one dream and make it a goal. Use the SMART principle to define your goal well. The goal should be:

**S**pecific – Be specific about what you want to accomplish

**M**easurable – How are you going to measure your success at meeting the goal?

**A**chievable – The goal needs to be achievable for you. Do you need extra resources or training?

**R**elevant – It needs to be relevant to you

**T**ime-bound – You must set a time limit to achieve the goal

My goal is

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## **EXERCISE 2)**

Look at your goal above and write down your motivation for wanting to achieve that goal. That's an effective strategy when facing adversity with anything, analyzing why you want to achieve what you're trying to do.

My motivation for this goal is:

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How much progress have you made towards this goal?

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Now access your emotions about the goal. Is there anxiety at the “what if?” possibilities? Do you doubt you’ll achieve the goal? Are you angry with yourself for doubting your abilities? Are you sad that you might not reach your goal?

What are your emotions about the goal?

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Finally, now you’ve brought to the surface your emotions surrounding the goal you can view the situation logically and come up with a plan to keep you moving forward with your goal.

My plan to keep moving forward with this goal it to:

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### **EXERCISE 3)**

By now you should have the main goal that you've written down above firmly in your mind. You should know your motivation for the goal and feel some of the emotions surrounding the goal.

But, to achieve your goal, there are almost certainly going to be obstacles along the way. If you know in advance what those obstacles are likely to be, you'll be able to deal with them a lot better if and when they do occur. Any difficulty is easier to deal with if you expect it is going to happen and have a plan to deal with it when it does.

Think of five obstacles you might meet in reaching your goal. If you can think of more, then add them as well. But it's important that you think hard and list at least five obstacles.

For each of those obstacles, how are you going to overcome the problem? What resources can you find to help you? Ideally, you want to find at least two ways you can help solve each obstacle. Write out all the detail below.

Obstacle 1 \_\_\_\_\_

Solution 1a \_\_\_\_\_

Solution 1b \_\_\_\_\_

Obstacle 2 \_\_\_\_\_

Solution 2a \_\_\_\_\_

Solution 2b \_\_\_\_\_

Obstacle 3



Solution 3a



Solution 3b



Obstacle 4



Solution 4a



Solution 4b



Obstacle 5



Solution 5a



Solution 5b



## **EXERCISE 4)**

One great way to help you overcome adversity on your way to your goal is through the guidance of others. If you've got a solid support system around you, such as friends, loved ones, and peers, you can call on them for some much-needed help.

So who is in your support system?

List out at least six people who can help you, support you and guide you. That doesn't have to be individual people either – it could be a social media group or forum you belong to or could join. Seek out people who are knowledgeable in the areas you might need help. Add their contact details in the list below and indicate what areas where they might be able to help you.

Name	Contact details	They can help me with...

## **EXERCISE 5)**

Perhaps the goal you have written out in exercise 1 might be better split into smaller goals. Adversity is much more likely to occur if you've detailed one massive goal that will take tons of time. Even if the goal you've set out isn't a huge goal, it's still worth going through this exercise.

See if you can split your one goal into a few smaller goals. That way you're making progress, reducing the chance of failure and minimizing the risk of hardship.

Complete the table below – see if you can split your main goal into three smaller goals.

Primary goal?	
Split the Primary goal into Part A	
Part B	
And Part C	

## **EXERCISE 6)**

One way to improve your resilience to adversity is to celebrate your victories. Whenever you accomplish something, you must make a habit of rewarding yourself. When you do that, you increase motivation, realize that you can achieve great things and condition yourself to feel like a winner.

For this exercise, all you need to do is decide how you are going to celebrate your victories. Complete the table below and decide how you will celebrate achieving the main goal in exercise 5 and each of the smaller goals.

Celebrating your victories will subconsciously come into play when you run into problem situations in the future.

How will you celebrate completing your main goal?	
How will you celebrate Part A?	
How will you celebrate Part B?	
How will you celebrate Part C?	

# Dealing with Doubters

When you set out to accomplish something fantastic, you'll no doubt encounter people that don't believe in your vision, object to your beliefs and wish for your failure. No matter what industry, niche, profession or aspect of life you're trying to excel in, there'll be people that don't click with what you're trying to do.

People who spend their lives doubting others do an excellent job of convincing people that they are superior. They give off the impression that they are in a position of power and can control anyone they doubt. But, it's crucial that you don't allow doubters to feel in control of you, because deep down they are struggling with their issues.

However, those issues make them weak. Their negative thoughts and opinions come from their inner-pain, and they doubt you to bring you down. They have no idea how to progress, improve or develop, so they try to grow by eliminating your goals and destroying any chance of success.

## **EXERCISE 7)**

Who are the doubters in your life? It's important you recognize who they are.

Also, by looking at things such as how the doubter is living their life, the success they're currently experiencing and the values and beliefs that they hold, you'll understand that their doubts are a reflection of their bad aura, rather than something that you're doing.

Complete the table below:

Name	Their success	Their values & beliefs



## **EXERCISE 8)**

Now think of the emotions those doubters instill in you when they try to crush your dreams. Do you feel anger, resentment, sadness?

Complete the table below thinking of the emotions you feel when the people you've mentioned above doubt you. Why do you feel that particular emotion?

Emotion	Why?

By understanding your emotions, when someone doubts what you're doing, you'll be much better equipped to deal with that person. You'll be able to manage the person and not allow any situation to escalate. When you relate the emotion back to the individual and their success, values, and beliefs, you'll be even better equipped to deal with their negativity.

## **EXERCISE 9)**

It's important to note that doubt can also come from yourself. It doesn't matter how much effort and dedication you put into battling people that doubt you, if you don't believe in yourself then you will still have a problem.

Your mind is a powerful tool, and self-doubt will cripple your dreams more than any negative comment, opinion or advice.

So, it's important to investigate your self-doubt and find ways to eliminate that doubt.

Complete the table below. Establish areas where you doubt yourself and ways you can turn that around.

I doubt that I can....	What can you do to eliminate that doubt? More training, help from others, more motivation, better tools, more inspiration...

# Dealing with Failure

If you push for success, you have to take opportunities, overcome hurdles and take risks, and that means failures will occur.

But, failure is a fantastic thing in a weird kind of way. Without failure, we wouldn't have the resources we need to improve, we wouldn't have the knowledge to develop, and we wouldn't have the experience to rely on in the future.

So, understand that if you're going to do anything worthwhile in your life, you will fail at times. What you do with that failure is what then matters. To find future success from failure, you should learn from the failure, not allow it to define you, and look on it as a stepping stone towards success.

## **EXERCISE 10)**

Let's look at a few of your failures. Add the details below of five things you've failed at in your life. That could be an exam, a relationship, a business, a project, making something, planning something, there are many more scenarios I'm sure.

Also, add the details about why you failed or why you think you failed. Did you not plan properly, did you not have enough money, did you doubt yourself, was the failure due to others or other circumstances. Again, I'm sure there are thousands of possible reasons for failure. Just write down the main reasons against each one of your failures.

I failed at....	The reasons I failed were...



# CONCLUSION

It's important to understand that learning how to deal with adversity, doubters, and failure takes time, effort and practice. But, the information and exercises provided in this workbook will help you to improve much faster than reading the e-book alone.

You're in charge of your own life, so it's down to you to take action and put in the work needed. You need to work through each exercise in this workbook and then come back to it at regular intervals. Revisiting the workbook helps you see how far you've come and helps you establish the changes needed in your thinking. Completing this workbook will help you turn around your life of lemons and turn adversity, doubters, and failure into fuel for success.