

**NOTES**  
**Setting Your Sight on the Future**  
**Week 3 – Self Knowledge**  
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**Strengths Challenges Opportunities Threats**

Important to understand and play your Strengths and to navigate through the Weaknesses, see the Opportunities and be aware of the Threats.

- Do you use your strengths every day?
- Brainstorm with someone you trust to guide you on the challenges
- Important to be able to SEE opportunities. Many opportunities are disguised as volunteer experiences
- Threats are not fun but need to be recognized.

**Handling Fear and Rough Spots**

There are 3 big emotions – Scared (Fear), Glad, Sad

When you are fearful and push through it you develop courage. Each time gets a little easier and less scary.

**Handling Setbacks**

Setbacks aren't failures – they are opportunities to see something different  
Thomas Edison said "I know 4,000 ways NOT to make a lightbulb."

From book Handling Adversity by Hoda Kotb:

1. Surround yourself with people that "fill you up"
2. Don't sweat the little stuff – 90% won't happen
3. After a setback tell yourself – "You can't scare me!"
4. Don't HOG your journey – share the experience to help others
5. Allow yourself a few dark days to stay under the covers or watch movies that make you laugh.

**Resources:**

Daveswordsof wisdom.com (suggested by Dawn)  
Pinterest – for ideas on anything  
Shareindependentliving.blogspot.com (Dave Carl)  
Bemorewithless.com