

10 Ways to Deal with Set-Backs

Life throws us the occasional set-back. So, how do you handle those curve balls when they come your way?

Here are 10 strategies to draw on to help you keep going and stay on track:

1. **Visualise a successful outcome:** Create a powerful and inspiring vision for what you really want. Meditate on it. Regularly visualise it unfolding effortlessly the way you'd like it to. One of my favourite meditations is [Shakti Gawain's Pink Bubble Technique](#) which you can find in her book Creative Visualization.
2. **Be patient:** Sometimes what we're trying to achieve can take longer, or require more effort than we might have initially planned to commit to. Be patient when a set-back comes up and commit to putting in any extra work that might be necessary to achieve your goal.
3. **Believe in yourself and adopt a positive attitude:** Trust that you have within yourself, or that you can access any other resources you might need, to achieve what you want. Adopt a 'can do' attitude and hold no doubts about achieving a successful outcome. Choose beliefs that will strengthen you and drop any that will weaken your resolve.
4. **Rise above it:** Step back from the situation and view it from another perspective. How does this fit in to the bigger picture for your life? How much will this set-back matter in 5 years from now? Don't let a set-back define you or get you down.
5. **Acknowledge yourself and your achievements:** Take a few moments to pat yourself on the back for what you've already achieved and for how far you've come. You might not be where you'd planned to go yet, but by continuing to take positive action towards what you want, you'll get much further than you were before.
6. **What is the lesson?** Sometimes when we go off course it can highlight learning we need to take from our experiences. Consider 'What's the lesson I can take from this?' You might find what you've learnt will better equip you to move forward as well as in other situations as well.
7. **See the set-back as no more than feedback:** One thing we can't do is give ourselves feedback from a perspective other than our own. See any set-back as being feedback from another source and something that was not in your awareness. Use this feedback to help you continue on to a successful outcome.
8. **Remember past successes:** Boost your confidence if you're feeling down about things by recalling your successes, or those of others who've tried to do what you're working toward. Think 'What can I take from my/their past successes and use in this situation?'
9. **Be flexible and revise your action plan if you need to:** If Plan A doesn't come off, always be prepared to work Plan B or even Plan C. Sometimes a simple tweak to your approach can make a big difference to the results you're getting.
10. **Get help or support:** Reach out for and get help when you need it. Sometimes you're not the best person to do it, or two heads can be better than one! This strategy in itself can reduce the occurrence of set-backs.

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