



STOP WALLOWING AROUND IN THE CRUD

We all face challenges in our lives. Some challenges are small, and some are so big they shake us to our core. Regardless of the size of our challenges, we often find ourselves wallowing around in the crud. We find ourselves in self-pity. No matter what happens in our lives, someone is struggling with something even worse than us. It's hard to imagine that when we're in the middle of the challenge. Complete this exercise to help you keep your crud in perspective whenever you find yourself wallowing around in the crud.

Identify the crud you're dealing with at this very moment that has you feeling self-pity
(i.e. - a long-time relationship has ended)

To put it in perspective, identify one thing you believe someone may be struggling with
right now that is worse (i.e. - someone just lost a parent)

Now, identify a second thing you believe someone may be struggling with right now that
is worse (i.e. - someone was just given a diagnosis)

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Keep Your Crud in Perspective