



Adversity is the state in which man most easily becomes acquainted with himself, being especially free of admirers then.

Describe a person you know or have known who is amazing when facing adversity. Give an example.

What are the character traits this person has that make them handle adversity so well?

Is this an area you could improve in? What are the specifics of your self coaching you would need to use to improve when faced with adversity?
