

OVERCOMING OBSTACLES

Sister Reyna Aburto has said, "Your struggles do not define you, but they can refine you."¹ Every person has experienced moments of adversity in their lives—though each person tends to respond differently. Great leaders often find ways to not only overcome these obstacles, but use them to grow stronger, and become more than they were before. How can you let your struggles refine you? Explore this idea with the questions below.

Write about a time you encountered an obstacle in your life.

How did you overcome it?

What personal qualities did you use to overcome the obstacle? (For example: knowledge, determination, teamwork)?

What other qualities would have been useful to have in the situation?



How can these qualities help you in current or future leadership roles?

How can you develop these qualities further?

¹ Aburto, Reyna I. “Thru Cloud and Sunshine, Lord, Abide with Me!” *General Conference*. October 2019.
<https://www.churchofjesuschrist.org/study/general-conference/2019/10/31aburto?lang=eng>

