

A full-page background image featuring a tree with green foliage growing out of a dark, textured mound of ash. A bright sunburst with rays emanates from behind the tree's canopy, illuminating the scene with a warm, golden light. The sky is filled with soft, white clouds.

RISING FROM THE ASHES

PULLING YOURSELF UP
BY YOUR BOOTSTRAPS TO SUCCEED

Rising from the Ashes Resource

Sheet

All of us face adversity from time to time. It is a natural part of life, but when you are down for too long it can begin to wreak havoc on your life, relationships, and career. Fortunately there are many resources out there for anybody who is going through a hard time to reference. You don't have to stay down, no matter how defeated you might feel. There are many opportunities for you to pull yourself back up by your bootstraps and succeed!

Books

Stop Thinking, Start Living by Richard Carlson

Each and every one of us has the potential to be happy, and in his book, Richard Carlson outlines simple and realistic ways that you can begin to let go of negativity and discover lifelong happiness. It is an essential guide to anybody who hopes to achieve success despite how devastating our setbacks might be.

Mindset: The New Psychology of Success by Carol S. Dweck, Ph.D.

This groundbreaking book by Dr. Carol S. Dweck will have you thinking about just how much power you really have over your life. When we realize just how deeply our mindset truly impacts us, it becomes that much easier for us to begin to live our dreams and believe that we are capable of rising from the ashes after any setback and creating the life of our dreams.

Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life by Susan David, Ph.D.

Anybody who has dealt with adversity knows that there are times when we just don't seem to have the emotional ability to move forward after dealing with something that has devastated us. It can be hard to move forward, but with this guide on how to get ourselves out of a rut so that we can continue to work toward the things that truly matter to us, anything is possible!

Resources

Effective Strategies for Improving Motivation

<http://lunchbag-edu.com/store/products.php?32&sid=cf3c0ed7360fb7a973645d07d389e454>

This web course offers insight into the psychology of motivation and how to overcome adversity to launch yourself into your own tailor-made version of success.

Udemy

<https://www.udemy.com/courses/personal-development/motivation/>

This website offers several opportunities for online students to pursue further education in personal motivation and success.

Gratitude: A Daily Journal by Jack Canfield and D.D. Watkins

https://www.amazon.com/Gratitude-Daily-Journal-Jack-Canfield/dp/0757307108/ref=sr_1_7?s=office-products&ie=UTF8&qid=1512423946&sr=1-7&keywords=gratitude+journal

This daily gratitude journal provides readers and contributors to take many things about life into consideration so they are able and willing to see the good in life and seek out new opportunities that will help them to succeed and enrich their lives.

Support Groups

<https://www.supportgroups.com/>

If you have recently had to deal with some sort of devastating event, chances are high that you may have begun suffering from anxiety or depression as a result. Without adequately dealing with the emotions from these events, it can be difficult to prime yourself for success. Seek counseling if you believe this to be true, and consider a support group such as the one above.