

## The Obstacle is the Way by Ryan Holiday

- 💡 There can be no impeding my intentions or dispositions - what stands in the way becomes the way
- 💡 I know that setbacks and problems are always expected and never permanent
- 💡 Challenges make me better than if I'd never faced the adversity at all
- 💡 When faced with challenges, I maintain a positive attitude and resourceful approach (turn it around; find some benefit; use it as fuel)
- 💡 I am cool-headed and self-disciplined with a relentless drive to improve myself through action and practice
- 💡 I know that bad leaders / companies are destroyed by crises; good leaders / companies survive them; great leaders / companies are improved by them
- 💡 I am impossible to discourage or contain; I maintain grace and poise
- 💡 I turn every obstacle into an advantage - stealing good fortune from misfortune
- 💡 I employ objective judgment (perception), unselfish action (action) and willing acceptance (will) to overcome obstacles
- 💡 I cultivate the strength to resist temptation or excitement, no matter how seductive, no matter the situation
- 💡 What matters most is not what obstacles I face, but how I see them, how I react to them and whether I keep my composure
- 💡 I understand and filter my primal feelings (fight or flight) so that I can clearly see the advantage and proper course of action in every situation
- 💡 Just because my mind tells me that something is awful or evil or unplanned or otherwise doesn't mean I have to agree
- 💡 I know there is always a countermove, an escape or way through; so there is no reason to get worked up
- 💡 I accept that uncertainty and fear are relieved by authority; and training is that authority
- 💡 I remember that the perceiving eye is weak; the observing eye is strong - I see reality
- 💡 I remain objective by mentally removing myself from each situation
- 💡 When fear strikes, I shift perspective to help break it apart and explain it away
- 💡 I focus exclusively on what is in my power - thereby magnifying and enhancing my power
- 💡 My perceptions determine my capability and capacity
- 💡 I have the faith in my ability to make something where there was nothing before
- 💡 The extent of my struggle determines the extent of my growth
- 💡 I maintain proper perception - objective, rational, ambitious, clean - which isolates obstacles and exposes them for what they are
- 💡 I maintain a clear head and steady hands
- 💡 I am successful precisely because of what I've been through and how I've reacted to it
- 💡 I focus on applying myself with gusto and creativity
- 💡 Each obstacle I overcome makes me stronger for the next one
- 💡 I greet each obstacle with energy, persistence, a coherent & deliberate process, iteration & resilience, pragmatism, strategic vision, craftiness & savvy and an eye for opportunity & pivotal moments
- 💡 I am purposefully aggressive; staying alert for when I could be doing more - when I'm not applying my full effort
- 💡 I am always courageous - whether that's approaching someone intimidating or deciding to finally crack a book on a subject I need to learn
- 💡 I create momentum for myself by getting up and getting started; focused on progress over perfection
- 💡 I am encouraged and learn by failure, patient and focused despite external noise; I chisel and peg away at obstacles until they are gone
- 💡 I am always patient, calm, self-assured and persistent - trying all the wrong ways when necessary until I discover a new way that works
- 💡 I am flexible, iterative, resourceful, willing to lose a bit of my investment, open-minded & emotionally resilient and always in the infinite game
- 💡 In every moment, I do what I need to do and do it well before moving on to the next thing - I follow the process (to completion) and not the prize
- 💡 I take small, deliberate actions to help address or eliminate each component of an obstacle - realizing that it doesn't have to happen all at once
- 💡 Everything I do matters and offers me a chance to do and be my best (hard-working, creative, honest and helpful to others); proud as a result
- 💡 I approach obstacles from the line of least expectation - finding common ground, employing leverage & patience and creating alternatives
- 💡 I am physically loose, mentally tight and free inside
- 💡 External factors may influence my path, but not my Will (internal power) or my direction forward (especially when others see disaster and panic)
- 💡 I always take full advantage of crises - which provides me the opportunity to do things I couldn't do before
- 💡 In every situation, I prepare myself for more difficult times, accept what I am unable to change, manage my expectations, persevere, love my fate and what happens to me, protect my inner-self, submit to a greater cause and remember my mortality
- 💡 I am equipped for success due to daily training
- 💡 I remake my body, my mind and my life with activities and exercise
- 💡 I always prepare for things to get tough
- 💡 I leverage premonitions to envision what could go wrong before I start anything significant
- 💡 I leverage constraints to help me develop skills that I'd otherwise never have pursued
- 💡 I don't have to like something to master it - or to use it to some advantage
- 💡 I am robust and resilient enough to handle whatever occurs; looking at a big-enough picture and long-enough timeline that whatever I have to accept is only a blip on the way to my goal
- 💡 I look for the joy in every single thing that happens - because if it happened, then it was meant to happen, and I'll make the best of it
- 💡 I turn what I must do into what I get to do; putting my energy, emotion and exertion where they will have real impact
- 💡 I am persistent; directing everything I've got at one problem until it breaks
- 💡 I persevere because I play the long (infinite) game; allowing new powers to emerge through my self-trust
- 💡 I never lower myself to being a person that I don't like
- 💡 I live my life filled with purpose and urgency - making the most of the time that I have left on this earth
- 💡 I hustle with deliberate creativity; gathering strength as I go
- 💡 I see clearly, act accordingly and endure and accept the world as it is
- 💡 I understand philosophy's true use: as an operating system for the difficulties and hardships of life