

EP2 Will Power

Pushing through Obstacles & Adversity

As we journey through life, we will all face obstacles and adversities, it's just part of the process of life. When approaching obstacles, it's important how we choose to perceive them, which will then determine how we should respond and not react. We all possess the Will Power to overcome anything life throws at us.

In this episode, Emeka shares a story of adversity from his past, and provides information on how we can better respond to our struggles, thus putting ourselves in a position to live a more empowering and fulfilling life.

Thanks for listening 😊

Emeka's Takeaways:

Will Power: The Self-assertive creative drive in all individuals, regarded as the supreme quality of the superman/superwoman

Things we can do when faced with obstacles and adversity:

- Change your Perspective
- Get Creative
- Remain Positive
- Trust the Process