



overcoming obstacles

by Tracy Shroyer, PhD



There was a time years ago when I cried. I cried every day. Those tears were a result of thinking I was where I was supposed to be, but not liking it. After completing my education, through my PhD, I had accepted a management promotion.

Months later I found myself in my office with uncontrollable tears rolling down my face. The thoughts going through my head were of fear and uncertainty. Although I knew that I was not where I wanted to be in my career, I also had no idea where I really was supposed to be at that point.

After much thought, I made the difficult decision to move out of the position I was in, and into a position that allowed me the life balance I needed and craved. What made this experience so difficult is that the management position I was in was where I thought I was supposed to be, after all the years of gaining my education and industry experience.



It was the natural progression within the organization, but what I found was that, for me, it was not where I wanted to be.

There were many people that thought it was because I did not like being a manager, which was untrue. Developing my employees was something for which I held great passion.



Rather, the team's area of focus was not in alignment with my interests, and it became more and more difficult for me to put blood, sweat and tears, not to mention all of the time and travel, into a position that I could not put my heart into completely. My stone wall grew taller and taller with each day.

It amazes me how many individuals are unhappy with where they currently are in life, whether it is due to their personal or professional position, but are unwilling to take any action or risk in an attempt to find something better. Rather, settling feels easier, more comfortable, or more convenient than going after what we truly desire.

Understandable that people cannot quit their jobs or immediately convert to where they prefer to be in life. Passion does not pay the bills from Day 1, but how many people in this world are identifying what they really want in life, what stepping stones that involves, and beginning the shift to move in that direction?



The next few pages include examples of individuals that have overcome adversity and taken steps over time towards their area of passion.

I encourage you to learn more about one or more of the individuals mentioned in in this eBook, as their full stories include so much more about what they overcame, the many obstacles they faced, and any tips they can provide for you to take action towards your passions as well.

HELLO

MY NAME IS

Gabe Howard



Gabe Howard is a mental illness speaker, writer, and activist. Gabe was diagnosed many years ago with bipolar disorder and an anxiety disorder. The support of his grandmother and so many others, helping him find the resources he needed to begin living an overall healthier life, put Gabe on the path to recovery. This road has not been easy or fast by any means. He has experienced setbacks, but has also celebrated small successes along the way.

www.gabehoward.com

HELLO

MY NAME IS

Joy Balma



Joy Balma, author of Amazon Bestseller, "Rock Your Feminine Type", wrote about finding herself broke and lost in a laundromat many years ago. That was her rock bottom, and in that moment she realized what she really wanted and started to take action.

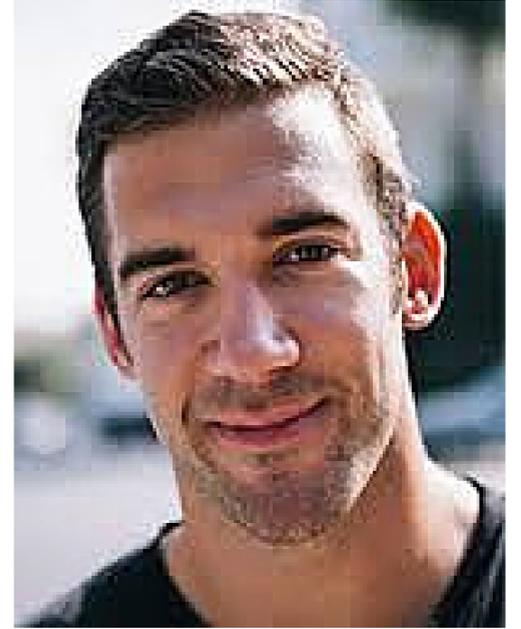
Today, Joy provides 1-on-1 coaching and a special certification program for ROCK YOU! and ROCK YOUR BIZ! coaching. She empowers women to find their type and ROCK IT!

www.joybalma.com

HELLO

MY NAME IS

Lewis Howes



Lewis Howes, author of New York Times Bestseller, "The School of Greatness" talks about the numerous injuries he experienced as a former pro-athlete and how he spent so much time on his sister's couch before he realized what he had to offer others.

Lewis recently wrapped up his book tour across the U.S., offers a kick-ass podcast, and continues to empower others through his School of Greatness Academy (SOGA).

www.lewishowes.com

These are three examples of individuals that experienced lows before they found clarity and were able to rise up out of the dark.



Vision does not come easy or overnight, and taking action towards a vision is no easy task. It takes time, and sometimes certain experiences, to allow a person to really begin to see what they must do in order to rise out of that challenging place in their life.

"Conquer the wall.
Immerse yourself
in the possibilities."

- Tracy Shroyer, PhD

