

THE
ADVERSITY
ADVANTAGE
WITH DOUG BOPST

GET
UNSTUCK
IN 7 DAYS



REACH OUT

Connection is one of the fastest ways to break out of a rut. Each day, reach out to one positive person in your life and let them know how much you appreciate them.

A quick text, call, or even asking them to grab coffee can lift both of your spirits and remind you that you're not alone.



MOVE YOUR BODY

Action creates energy. Whether it's a walk around the block, a gym session, a yoga flow, or your favorite group exercise class, moving your body each day shifts your mood and clears mental fog. It doesn't have to be perfect — just consistent.



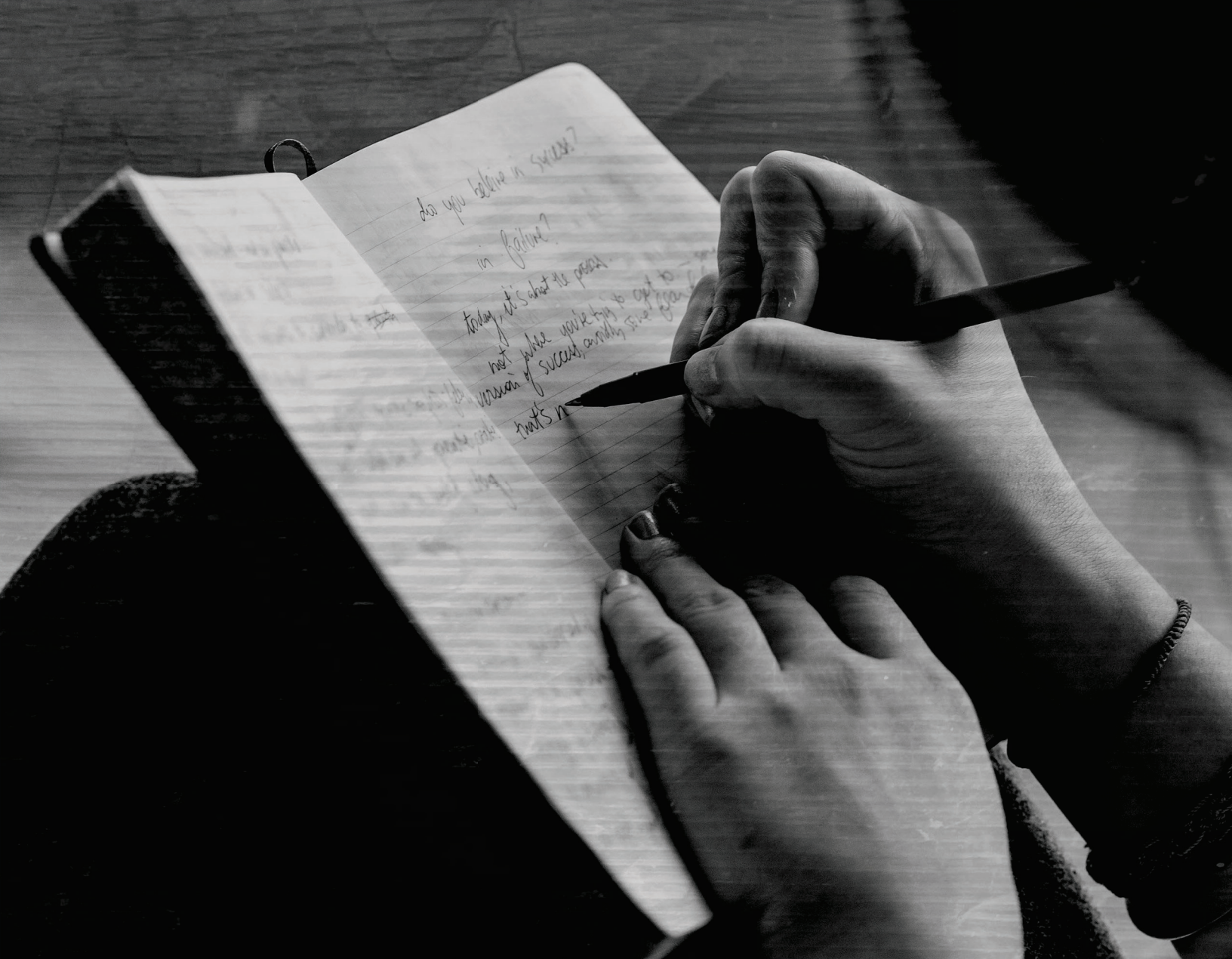
CELEBRATE WINS

Ruts thrive when we only focus on what's wrong. Each day, take a moment to write down one or two small wins you had. It could be as simple as showing up for yourself, finishing a task, or resisting an old habit. Small wins stack into big momentum.



PRACTICE GRATITUDE

Gratitude is a reset button for your mindset. Write down one thing you're grateful for today, no matter how small it seems. Training your brain to look for the good helps rewire your perspective and makes it easier to notice progress along the way.



PLAN AHEAD & FOLLOW THROUGH

End each day by jotting down one thing you need to take action on tomorrow. This gives you clarity, focus, and a sense of purpose when you wake up. Then, make sure you follow through — the act of keeping promises to yourself builds trust, discipline, and confidence.



THE
ADVERSITY

ADVANTAGE

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Hear the stories of experts from around the world
and get inspired by how they used failures, obstacles and
ADVERSITY to their **ADVANTAGE**.

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