

TRUE G.R.O.W.T.H.

MOTIVATE. INSPIRE. GROW.

OBSTACLES VS. OPPORTUNITIES

The third principle of TRUE G.R.O.W.T.H. requires a willingness to embrace a new perspective on the value that **obstacles** and **opportunities** can bring to our lives. Instead of viewing these two core principles as polar opposite, TRUE G.R.O.W.T.H. integrates them both together for maximum effect.

Instinctually, we view **obstacles** as negative challenges instead of building blocks to a stronger version of ourselves. The only difference between the two mindsets is our thought process and how we are willing to look at the challenges we face. Obstacles can bring even the strongest of us to our knees *if* we let them.

I finally realized the true value of **obstacles** throughout my time in the Army. It's not about how quickly we can get past an obstacle, but rather what we learn along the way. Do you ever wonder why some of the same obstacles seem to resurface over and over in our lives? It's because we take the path of least resistance chasing the quickest resolution instead of learning how to overcome the challenge. In that case we don't learn and we don't adapt. And in turn, we don't grow.

Obstacles are challenges put in our path to test our resolve and perseverance. They are designed to challenge our resourcefulness and willingness to explore our strategic nature. They may seem like an impossible mountain to climb until we realize the value in each step we take. In that moment, we realize that each and every step begins the rise to a higher level. When we learn, we give ourselves the ability to adapt. When we adapt, we grow tremendously.

Next comes **opportunities**. They are the chances God puts in our lives for us to choose where we go from here. Honestly, for TRUE G.R.O.W.T.H., **opportunities** serve as forks in the road. We must choose which way to go depending on if we choose to seize that **opportunity**. The **opportunities** for growth are endless once we truly open our hearts to embrace them and the platforms in which they are provided. **Opportunities** to learn. **Opportunities** to build.

Opportunities to change and most importantly, **opportunities** to choose the type of life we want to live.

I will always remember my father's saying, "Opportunity is like a sunrise; if you wait too long, you'll miss it." Sometimes **opportunities** for growth come and go in the blink of an eye. We must be willing to trust our heart and take risks to better ourselves. That is why TRUE G.R.O.W.T.H. comes with embracing the **opportunities** put in front of us, despite the fear of failure or criticism. There is no perfect way to vet the good and bad, we must live and learn. Growth comes with our pursuit of being better regardless of what it takes to get there. A better us, and a better world. Seizing **opportunities** and embracing **obstacles** as chances to learn is how we become *better*. One day, and one step at a time. **Obstacles** either hold us back or accelerate or journey to TRUE G.R.O.W.T.H. but we must be willing to seize the **opportunities** God gives us.

Timothy A. Natale

