



My Life Begins Next Monday...: The 7 Stages of Overcoming Life's Obstacles

Shari Strong

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Life has been hard. I've faced a lot of challenges over my lifetime. I had my first baby at 19 and two more by the time I was 21. Two failed marriages. *Both ex-husbands had addictions of some kind. I've been broke and spent a night in jail. I've been in a car accident that almost ruined me. I've been dangerously close to ending my own life.*

And that's not even the half of it.

But I'm a survivor. And while the person I am today doesn't much resemble the girl I was so many decades ago, her story helped shape me. It's a part of me and always will be. God has used my struggles to prepare me for the purpose he had in mind for my life all along.

And part of that purpose is sharing my story in a way that powerfully impacts those who hear it.

This book has been swirling in my head and heart since I was 21 years old. I had the title in mind and everything. In fact, this book was the one hope I clung to for many days, weeks, months, and years of struggle. I used it to get myself through so many hard things. At the other end of a dark tunnel, I could see that book up ahead, calling my name.

But I wasn't ready to write it yet. I tried a few years ago, but the words I wrote left me feeling depressed when I read them. Not quite the effect I was going for.

Looking back, I realize I couldn't write my book because my story wasn't finished (it still isn't!). Specifically, I hadn't made it through all seven stages of overcoming life's obstacles: Survival, Denial, Acceptance, Motivation, Confidence, Connection, Grace.

Now I have. And my story is ready to be shared with the world.

Am I saying you have to experience all seven before you live your purpose or dream? No. Not at all! You can be encouraged in knowing we all struggle with finding our purpose. Whether it's our purpose in our jobs, our relationships, or a small project.

Here is what I can tell you: "I'm not there yet either, friends, but I know where I'm going, and you can too."

My Life Begins Next Monday...

Knowing your destination makes all the difference. And that's what I hope to show you in this book. I want to give you a goal, an end point. And when you do reach "the end" (which, pardon the cliché, is really just the beginning), your life will have more meaning; your career will have direction; and you will make a greater impact on the people you meet.

Your life has a purpose. That's a fact. Maybe your story is not as dramatic as mine (or maybe it's much more

so!), but it's all yours. And God has a plan for that story even now. So many people, who have known me for years, have told me, "Shari, you've always known what you were going to do. I just don't have that."

Just because you don't know your purpose doesn't mean you don't have one. My hope is to help you identify it, own it, and share it with others.

If that scares you to death, never fear! I'm going to walk you through each step of the way by sharing my own story to inspire you. We'll do this together. We'll move from Survival to Denial to Acceptance to Motivation to Confidence to Connection to Grace, and we'll be better people for the journey.

Come along with me as we find purpose in our pain and blessings in our trials. We'll learn how to own our struggles and use them to influence those in our circles, no matter how big or small. And we'll find out why having a clear understanding of who we are is key to a fulfilled life.

There's no time like right now to get started, friend! We don't have a minute to waste!

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