

PERSONAL WORKBOOK

# 5 Keys to Living an Unstoppable Life

By Bethany Hamilton



At some point in our lives we all face the sense of a loss of control. That can leave us feeling anxious and overwhelmed.

Rather than avoiding the cause of all this, we can learn to **ADAPT** and thrive no matter what life throws at us.

BETHANY

## With the **ADAPT** Approach to life you will:

- Have confidence and peace through trials
- Be able to manage stress
- Be more motivated
- Be able to overcome challenges

## What is the **ADAPT** Approach?

Here are the 5 qualities to apply that will make a huge impact in your life. We'll dive into each of them more together.

**A** Appreciative

**D** Directed

**A** Associate

**P** Persevering

**T** Teachable



*"Thank you so much for this! It is such a great reminder of how we often become negative, but how important it is to be positive! At first this year was really hard for me and I was just really upset and ungrateful for the things around me, but this has put things in perspective, and helped me work through the things that I struggle with in my life. So far, my relationship with God, my family, and my friends have all improved greatly, I am so excited to continue in this! I am so thankful for all of the great insight, tips, and encouragement!"*

**- ALIVIA**



Keep reading to learn about how you can apply the **ADAPT** Approach to your life and start making positive changes!

PART 1

# Appreciative

Do you know the #1 mindset that the happiest people I know have?

What is one of the best ways to enrich your relationships?

BETHANY



## Learning to be **APPRECIATIVE**

Sometimes we just forget to say thank you. Saying “please” and “thank you” is not just a habit, it is a position of the heart, it reflects how we value and view others and the world around us. Are we looking at other people and the world around us with a lens of appreciation? Being **APPRECIATIVE** will massively change our relationships, better our attitudes and outlook on life, and create a healthy path through hard times.

Take time to notice some of the beauty in this world and the people around you. Recognize and be thankful for the good things in your life. It’s easy to be **APPRECIATIVE** when things are going well, but it's really hard when things are not going well. We can teach you how to practice gratitude in challenging times.

*"I have been able to find every single day of this week many things to be grateful for. I'm starting to realize how much it improves my day."*

**- AILEEN**

*"I now write in a 'gratitude journal' 5 things I am thankful for every day to shift my focus to thankfulness which is life-giving and building rather than complaining which is life-draining and destructive."*

**- ROBIN**

## YOUR LIFE

What are 5 things you can be thankful for today?

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We challenge you to write at least 5 things you're thankful for everyday this week.

By choosing to focus on what you are grateful for, you can positively alter your mind, beautify the moment, and even alter the way you view the actual obstacle you face.

PART 2

# Directed

Do you know the #1 practice that the most successful people use?

What's the key to staying motivated and confident?

BETHANY



## Learning to be **DIRECTED**

I've definitely had those seasons in life where I just don't know what to do. That sense can leave you feeling rather complacent, unsatisfied, and unmotivated.

Having a life that is **DIRECTED** by your dreams, passions, and hopes, can create an amazing sense of purpose. We all have certain hopes for our life, with relationships, jobs, living situations. Identify some key goals that will Direct your life and you will definitely benefit from pursuing those goals in a healthy way.



*"I'm setting goals again and getting my excitement for life again! Thank you for creating this! I love being around people who are positive, believe in God and help others. I'm grateful to be here."*

**- SHANNON**

## YOUR LIFE

Write down 3 goals that you want for your life.

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Now list 3 boundaries you can set to help keep you focused and motivated.

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What can you do right now to be one step closer? Share with someone!

Being Directed will help keep you focused, lend you purpose, and set you up with a course of action toward your dreams.

PART 3

# Associate

Do you know what each individual that has ever summited Mt. Everest has in common?

BETHANY

## Learning to **ASSOCIATE**

I have experienced some situations that have really been tough to handle. In those moments I often tend to just want to curl up in a ball and shut the world out and not talk to anyone. That's fine to do to help process for a moment, but if I do this for too long, I end up feeling lonely, the problem is still there, and I haven't found much comfort in my own thoughts. The times I have really found healing during tough situations is when someone is there to listen to me, when I have a shoulder to cry on, and receiving encouragement from a friend.

Surrounding yourself with positive influences who uplift you and hold you accountable, will create an atmosphere that you can thrive in!



*“Being more present in my community has changed my life! Not only have I gained hours of my life back but I live each moment, think each thought and enjoy each person, NOT to share on social media, or even in my blog posts, but instead I live these moments for me and not for an audience. I’m still changing and growing but I’m beyond thankful for this course and God’s direction and grace.”*

**– DEBBIE**

## **YOUR LIFE**

Who do you enjoy seeing thrive? Reach out to them! Make a point to be with those people at least once a week. Have a game night, grab a coffee, go for a hike or walk. These fun moments are important for bonding and you can build trust so when things get rough, you know who you can lean on to be there for you.

A community that cheers and supports one another is incredibly life-giving!

PART 4

# Persevering

Do you know the #1 trait that all great leaders possess?

BETHANY

## Learning to **PERSEVERE**

I went on a hike the other day. It was one of the most grueling ones I've done. My muscles were on fire, it was hot, my legs were starting to get weak, and I just wanted an ice cold coconut or an ice cream bar! We've all faced those times in life whether it's a physical challenge, mental challenge, or even a relationship challenge. These challenges can get so hard that we just want to give up trying and move on to something else, something that's easier. Oftentimes though we miss out on something incredibly beautiful when we choose to give up. When I was hiking, I **PERSEVERED** through the strain and was rewarded with an amazing view and the satisfaction of reaching the top of the mountain! The trail and the pain from exertion was an obstacle to overcome and persevere through, it was an opportunity to reach something magnificent.

**PERSEVERING** is kind of like a muscle or a skill, it takes some mental preparation and practice to apply to life's circumstances.





*"I thought that it was motivational to see you (Bethany) overcome so many obstacles in your life. It made me think that my heart condition and chest wall inflammation shouldn't be an obstacle for me. I should be encouraged to follow my dreams, especially in the middle of a world crisis. I believe that God uses the tough moments to help us accomplish our dreams."*

**- NANCY**

## YOUR LIFE

### What's one challenge you have faced recently?

Write it down. What helped you persevere through that time? What challenges do you anticipate facing in the future?

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Have the dedication and determination to keep going in spite of obstacles. Perseverance means adapting to those challenges and looking for different solutions in order to overcome. Get creative and figure out what you can do!

PART 4

# Teachable

Do you know the secret that pro surfers do on a regular basis to get better?

Do you know the best way to ask for wisdom?

BETHANY

## Learning to be **TEACHABLE**

I've tried and started upon many new ventures. Some have gone good, some bad. To be honest, the ventures that didn't go so well were the ones where I thought I knew it all and thought that I could do it on my own without anyone else's involvement. Pride is often at the center of that thinking. You don't want to be prideful going into new endeavors. And if we really think about it, every day is a new experience and a new endeavor! Going through life with humility, being willing to listen and be teachable through life's circumstances and being willing to receive advice or constructive criticism, is such a valuable trait to carry. Believe me, the times I've asked for advice from someone that has "been there and done that" I've been so thankful to have done so, and things often go much smoother!

Being **TEACHABLE** looks like asking for feedback or seeking others who have been through similar experiences.

*"I wanted to share a ripple effect of being Unstoppable: I'm happier, more joyful and way healthier version of myself now compared to then! And it's a joy that as I'm becoming healthier, others are too!"*

**- KAELI**



## YOUR LIFE

What is an area in your life you want to grow in?

Do you know someone that can speak towards that?

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Seek to be **TEACHABLE** every day! By pursuing the wisdom of others, you can improve yourself, develop new skill sets, and be prepared for difficulties in life. Continue to learn, be challenged and grow in every situation.

# Join Me In UNSTOPPABLE Living!

If there's one thing I've learned: we always will have obstacles to face in our lives. Many of us have had enough challenges even before 2020 happened. Right now it seems like we face some form of opposition at every turn, it feels as though the world is against us and it's hard to stay optimistic and thrive. Ultimately it feels as if we have lost a sense of control of what's happening in our lives.

You're not alone, you don't have to live your life based on fear and uncertainty living unstoppable is not about living your life perfect, it's about making the most of what you got! You have the opportunity to make 2021 the best year of your life starting today! Go ALL IN with me and get access to ALL THE COURSES.

**LET'S GO!**

**BETHANY**