You Can Do Hard Things—Here’s Why You Won’t Break Transcript

(Transcripts are generated by AI and may contain errors)

Facing Hard Times and Inflation

Times are hard right now. You might have family that's stressing you out. Everything is, I live in the United States. We got them hair strands, we got tar off and everything's, things are a lot more expensive.

Inflation is going up. And so it's easy to get wrapped up in external, in all that, people losing their jobs.

Remembering Inner Power and Resilience

It is easy to get wrapped up in that and forget what we have, the power that we're able to draw on to make things happen. If we can remember that, we are divine, that have been through tough times, and we do hard things, have the capacity to shape our world, it changes everything.