

MAKE YOUR OWN HISTORY

Olaudah Equiano Worksheet



Get Through It Somehow

Olaudah Equiano somehow got through the horrible experience of the Middle Passage: he endured a transatlantic slave ship, fighting through the fatigue,

eventually buying his freedom and becoming a best-selling author. These words from Winston Churchill affirm Equiano's example:

If you're going through hell, keep going.

Remember, whatever you're going through, it's not worse than a slave ship. If Equiano got through that, you can get through yours by following the **4-F** formula:

FIGHT through the **FATIGUE** by **FOCUSING** on your **FUTURE**.

Ask yourself:

Am I spending my time thinking about how tired this adversity is making me?

Or am I focused on the great things that I will achieve once I get through this trial?

What steps can I take to make sure I'm **focusing** on my **future**, to gain the strength to **fight** through the **fatigue**?