

Sweet are the uses of adversity

Outline:

1. Introduction

2. Understanding the meaning of the maxim

3. Significance of adversity:

- A. A tool for personal growth
- B. Prevents man from being made of power
- C. Makes man achieve its highest goal
- D. Makes individual a better leader
- E. Can inspire change
- F. Fostering emotional and psychological change
- G. Teaches valuable life lesson
- H. A test of friendship
- I. Tests the real mettle of man
- J. Helps in developing resilience
- K. Brings godliness to men

4. Manifestations of the sweet uses of adversity:

- A. Struggle and achievements of the greatest religious leaders
- B. Examples of great men from the field of science and technology
- C. Endeavor and accomplishment of social and political leaders

5. Pragmatic measures to cope with adversities of life:

- A. Developing resilience
- B. Fostering gratitude and optimism

6. conclusion