UNCHAINED COMPOSURE

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Did you ever wonder why people who suffer from a life changing crisis turn out to be resilient rather than vulnerable, come out to be compassionate rather than being cold-hearted? The year 2020 seems to be burdensome for all of us. Different occurrences are arising from everywhere. Things we have known for ages suddenly change. Many people lost their job due to bankruptcy of businesses and establishments. The number of people infected by the pandemic are unpleasantly increasing from day to day. Government agencies' involvement to different issues seems alarming. Reliable leaders that we look forward to overcome these challenges come across as being off-track. Circumstances might be tough and cruel at times, but it is not suitable to be timid for a longtime.

Whether we like it or not hardship is an inevitable part of our life. It is a condition that causes difficulties or suffering. A challenging yet invigorating episode of our journey, we need to be cautious in choosing the right way. It is our choice if we will let it lead us through changes that may strengthen or destroy our well-being. Learning to overcome it is one of the biggest difficulties we have to deal with.

Let's be honest being able to overcome difficulties might feel doubting most of the time, but turning hardships into a motivation can give you a good turning point. Here are tactics that you may want to consider to survive and stay intact in spite of the hardships.

• Acceptance. Let's accept it we are not born to be able to do or to be successful in everything. Even if you did your best, there are certain things that you are not capable of. Acceptance is the key to be susceptible to progress and to get back on track.
• Believe that it is possible to succeed. Your mind has a powerful contribution in achieving your goals. Trust and believe that you can succeed. It is your best companion you can rely on to give motivation and positive thoughts, so there is no room for unwanted negativities in this endeavor.

• Surround yourself with the right people. There is a saying “Tell me who your friends are and I will tell you who you are.” People around you have a big role on how you respond to the challenges that you will going to face. How will you keep a positive mindset when you are surrounded by people who cause you negativity? Surround yourself with people who can boost your confidence and who can bring out the best in you.

• Diversify yourself. Developing multiple identity will help you to become a better version of yourself. Having a variety of choices can lessen the collision of failure. Even though you fail in a certain goal or task, you can still pursue another venture.

According to Maxwell “You don’t overcome challenges by making them smaller but by making yourself bigger.” Our fate is in our hands, we are responsible in every outcome of this journey. Let our experiences and difficulties nurture us, so we can prepare for the upcoming battles and be able to get through even on the toughest ones.

References:

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