There are times in life when you feel discontented with your circumstances and you may find yourself playing the comparison game—wondering what things would be like if you had something another had or if your circumstances changed to be like what you perceive theirs to be. The trouble with traveling down that path is that you fail to realize that no one’s life is perfect—what you see on the outside in someone else’s life is not always the true or full perspective. Allowing yourself to get caught in the “what ifs” of comparing can fill your heart and mind with disappointment.

It is hard to face disappointment, and it is harder still to face disappointment head-on and make something of it. But life’s disappointments should not be seen as setbacks, but rather as opportunities or potential steppingstones to greater success.
YOU CANNOT CONTROL EVERYTHING THAT HAPPENS IN YOUR LIFE, BUT YOU CAN ACCEPT WHAT YOU HAVE—YOUR EXPERIENCES, TALENTS, AND CIRCUMSTANCES—AND USE THEM TO ACHIEVE YOUR GOALS AND FIND SOLUTIONS. CONTENTMENT IN YOUR LIFE DEPENDS ON HOW YOU VIEW YOUR SUCCESSES AND SETBACKS, AND HOW YOU LET THEM ALTER YOUR PERSPECTIVE.

EVEN IF AT TIMES YOU FACE DISAPPOINTMENT OR CIRCUMSTANCES THAT SEEMINGLY PREVENT YOU FROM MOVING FORWARD, REMEMBER THAT THERE IS ALWAYS SOME WAY AROUND THAT OBSTACLE, AND IT IS A MATTER OF FINDING THE ROUTE THAT WILL GET YOU ON THE RIGHT TRACK. THINK OF SOME OF THE PEOPLE IN HISTORY WHO OVERCAME DEBILITATING OR SEEMINGLY INSURMOUNTABLE CONFLICTS TO DO SOMETHING NOTeworthy WITH THEIR LIVES. THE SAME CAN BE TRUE FOR YOU: YOU CAN OVERCOME DISAPPOINTMENT AND OBSTACLES!

LEARN TO LOOK AT DIFFICULTIES AND DISAPPoINTMENT THROUGH NEW EYES—EYES THAT LOOK BEYOND THE INITIAL FEELING OF LOSS AND THAT LOOK FOR WAYS TO FIND CONTENTMENT AND SUCCESS EVEN WHEN THE PATH TO GET YOU THERE IS MORE CHALLENGING OR UNEXPECTED. TRIUMPH AND SUCCESS CAN STILL BE YOURS, BUT IT ALL STARTS WITH YOUR PERSPECTIVE.

VIEW THE DISAPPOINTMENTS IN YOUR LIFE SIMPLY AS STEPPINGSTONES, ADD A HEALTHY MEASURE OF HOPE, AND STIR IT ALL UP WITH PERSEVERANCE, AND YOU WILL FIND BEAUTY AND CONTENTMENT IN YOUR LIFE.

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