

# The Power of Frustration

What Everybody Should Know...  
About How to Deal With Frustrations



By Catherine Pratt  
[www.Life-With-Confidence.com](http://www.Life-With-Confidence.com)

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# The Power of Frustration

## What Everybody Should Know...

### About How to Deal With Frustrations

By Catherine Pratt

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## Frustrations a Powerful Resource?

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Can your frustrations really be a powerful resource for you? At first glance, it doesn't seem to make sense does it? Usually, you think of frustration as being something that causes you not to get what you want. It's an obstacle for you and it's something you usually don't want to have happen to you. We always want things to be easy and "smooth sailing" for us. Sometimes we even think that if it's easy then it's a sign we're on the right track and if things go wrong then that tells us we're not going the right way. So, how could frustrations possibly be a good thing? As you will discover in this special ebook, frustration can actually be a valuable tool for achieving some of your greatest accomplishments. They can also provide deep insights into yourself which can allow you to suddenly break through previous self imposed limitations and barriers.

By the time you have finished reading this ebook, you will have learned how to use frustrations to your advantage. Imagine suddenly being excited whenever you run into a problem, knowing that you'll be able to not only easily solve the issue but that you will gain valuable knowledge by doing so.

In this ebook, you will find several different ways, not just one super technique to discover what information you can gain from any frustration you may be experiencing and how to turn it into a positive event. Why so many different ways and not just one? Because every one is different and what works for me may not work for you. Just like some people would rather call someone on the phone, others would prefer to send an email. If you find a technique that feels comfortable for you then you're far more likely to use it. For example, if I told you that every time you feel frustrated, you had to call someone and you hate using the phone, it's unlikely you would use that technique. So, this way you can find one that matches your comfort and personality and easily incorporate it into your way of thinking.

Also, every situation is different, I will be providing a number of different situations and a solution for them. I have personally tried every one of the solutions offered. They're all very simple to implement yet extremely effective.

If there is an underlying theme it is that problems and frustrations are really all in how you look at them. If you look for the positive in them then you will be able to solve the situation far faster than simply wallowing in the anger and wondering why these things always happen to you. It is the difference between being a victim and being victorious. If you think of frustration as a gift then you will be well on your way to using their power to improve your life and achieving your dreams.

As a bonus, at the end of this ebook, you will find a list of quotes. When you click on a quotation, you will be taken to a full sized version of the quote which you can print out for display purposes.

Your life can be transformed by using some of the simple tips, tricks and strategies you will discover in this special ebook. Ready to get started?

## How Frustrations Can Be Valuable Tools

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It was a long, tense boardroom meeting. The team from Finance wanted to scrap the whole project due to budget concerns while the Marketing group felt it would be worth the extra cost. Both sides raised valid points. In the end though, everyone was just frustrated. They had no idea how to move forward with this issue. It was beginning to look like the only answer was to ask a director to make the final decision. It was Suzanne from Marketing who suddenly made the brilliant comment of, “what is the end result we’re trying to achieve here?” And that is the answer to how to deal with frustrations. Let me explain.

Our initial reaction when hitting a setback or a “roadblock”, whether it be during an important project or even just trying to finish a task, is usually one of frustration or thoughts along the lines of:

- “Why does this always happen to me?”
- “Why doesn’t anything ever work for me?”
- “Well, I guess that’s the end of that idea. Back to the drawing board.”

It doesn’t have to be this way though. By simply changing how you view the situation you can dramatically alter the ending. So, how can those frustrating moments be valuable? Here’s how:

### **Frustrations can indicate that you need to take a step back**

You’ve heard of people not being able to see the trees for the forest, well you can get so caught up in wanting to accomplish a particular task that you forget the reason why you started in the first place. Stop and take a step back to look at the big picture. As Suzanne asked, “What is the end result you’re trying to achieve?” Take the time to re-affirm the original goal and see if you’re still on the right path. You may discover that you’ve somehow started down a road you never really intended to travel. It’s easy to get so caught up in dealing with the day to day issues that you don’t realize that you’re now way off course. Take the time to re-focus on exactly what it is that you want to accomplish and you may find that you’ve just saved yourself a lot of time, effort, and money on something you didn’t want to be involved with anyway.

### **Roadblocks can also be an excellent opportunity to brainstorm**

Sometimes when a plan is created, all of the potential options aren’t considered. You just immediately think of a solution and go for it. When you run into a frustration, it could be an excellent opportunity to brainstorm. You may discover far more efficient or cost effective opportunities available just by taking the time to do some research.

Here’s an example: say you decide to publish a “How To” book. You get it all set up and then find out that the printing costs are just too high. You could give up on the idea or

you could brainstorm.

During a brainstorming session, you could consider:

- could you create an ebook instead which would save the printed production costs?
- could you print and bind it yourself with the tools that are now available for just this purpose?
- could you alter certain areas to make it cheaper (ie. use less colour photos, use only 2 colours, etc.)?
- is there a technical college available which may be willing to do the work cheaper as a learning tool for their students?
- would it be more effective as a web site?

The benefit of brainstorming is that you may discover a far better idea than the original plan. You may end up really glad that you didn't go with the original direction. My web site, [www.Life-With-Confidence.com](http://www.Life-With-Confidence.com) is actually an example of how a roadblock for me ended up being a complete turning point to a much better destination (read the [full story](#))

### **Problems can be a sign that you need a break**

Your first reaction when running into a roadblock may be that you absolutely have to solve the issue no matter what. Just like whenever Superman saw some dastardly deed being done, he had to rush in to save the day. The problem with this is that you become focused on the feeling that the problem must be solved right now. It's how people start to make huge mountains out of anthills. It can also cause you such stress that you just can't come up with the answer. If you can take a break and come back to look at the situation from a fresh viewpoint, you may find that the issue wasn't really as big of a deal as you initially thought. Also, after you've had a chance to re-charge your batteries and regain your enthusiasm, the roadblocks may just disappear on their own with a solution suddenly seeming so very obvious. You just couldn't see it before because you were only concentrating on solving an issue that felt huge at the time when it really wasn't.

### **Tools for Success**

If you can think of your frustrations as opportunities then you will be far ahead of those that simply give up whenever problems occur. Think of roadblocks as "silver linings" for your goals and you'll be amazed at what solutions suddenly appear. Your confidence to achieve your ultimate desires will increase as you now know you have incredible power. Your goals may suddenly become much closer than you thought and be even greater achievements and all because you knew frustrations are really valuable tools. You just needed to know how to use them.

## Frustration - 8 Quick Ways to Turn It Around

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A pessimist sees the difficulty in every opportunity;  
an optimist sees the opportunity in every difficulty. - *Winston Churchill*

The emotion you're feeling is "Frustration". With a capital "F". Maybe even add in some anger because you've been working really hard towards your goal or on a project and it just isn't working. Or you feel like you're stuck in a dead-end job and can't find another one. And you may not even really know why. All you know is that you seem to be stuck and no matter how hard you try, you don't seem to get anywhere. You're just spinning your wheels in the mud and all you feel is pure frustration. Sound familiar?

This is the point where a lot of people will just say, "I Quit" and give up. Before you do though, here's 8 ways you can blast through any frustration:

### 1. Ask Yourself, "What Is Working in This Situation?"

Even if it feels like nothing is working, look closely and you will probably find at least something that is going right. So, that's good. You've found something that's working. Now, how do you improve it? By asking this question, you've taken yourself out of the negative mindset of "it's hopeless" and are back to focusing on the positive. There is something that's working and that will give you a clue of what direction to focus on. You may find that even if your previous issues come up you'll be able to resolve them in the process of concentrating on your improvements.

### 2. Keep an Accomplishments Log

Write down everything you accomplish in a log. If you do it in a monthly format you will be able to see all that you have accomplished in just one month. You may be surprised by how much you have done. If you realize there's not much on the list, it may open your eyes to the fact that you may be procrastinating more than working or that you are using too much of your energy going in too many directions and that you need to focus more. Hopefully, you will have lots of items on your list then you can see that even though it may not feel like it, you are moving forwards. The log will also help to highlight where you were the most effective and where you need to work harder.

### 3. Focus On What You Want to Happen

Go back to the big picture. What is the desired outcome? Sometimes, we get so wrapped up in one problem and trying to solve it that we forget what we were originally trying to accomplish. Try not to ask yourself, "Why did this happen?" Asking questions like that will keep you rooted in the past. It doesn't offer a solution to the problem. The important thing is knowing the answer to the following two questions:

- What do you want to happen differently this time?"
- What do you need to do in order to get there?

#### **4. Remove the “Noise” and Simplify**

When you’re trying to solve a problem, you can get so wrapped up in trying to find a solution that you add unnecessary clutter, noise, and tasks to a project because you thought they “might” be a solution.

Working on my website, I get bombarded by offer after offer of “easy ways to run your website”, “get more traffic”, “make more money” etc. They’re just noise though and usually a waste of my time even reading them. These people are just trying to make money off of me. They have no interest in whether I succeed or not. When people are frustrated by how slow the hard work process is taking, they get tempted by these “here’s what you’ve been missing” and “I’ll make it easy for you” offers. Usually, it ends up that if you do get tempted by the offers you discover 6 months down the road that if you had just stuck with your first plan and just kept working at it, you’d be a lot further ahead by now. Not to mention richer from not having spent money on the Get Rich Quick schemes. Believe in yourself. Simplify and go back to the basics. Determine what is really necessary and remove everything else. Anything that takes your time and effort that isn’t adding value, should be eliminated.

#### **5. Multiple Solutions**

You always have options. You just need to brainstorm and figure them out. Tell yourself you need to come up with 8 possible options to solve the problem. Just knowing that you have lots of options will help to make you feel better. You won’t feel like you are trapped in one negative situation. From your list, figure out the best direction and go for it.

#### **6. Take Action**

When you get into serious frustration with a problem, you tend not to want to work on it anymore. It’s hard, it’s frustrating, and you’re not getting anywhere. So, anything to avoid having to be in that situation may be far more attractive. [Procrastination](#) may start to set in. If you can keep taking steps forwards, you will probably make it past this temporary hump. As Thomas Edison said, “Many of life’s failures are people who did not realize how close they were to success when they gave up” and “Surprises and reverses can serve as an incentive for great accomplishment.”

The other thing that can happen is that you start to spend a lot of time worrying. Worrying is a definite waste of energy and does not move you in a forwards direction. Only taking action will. Once you start moving forwards again, you will most likely find that you worried for no reason.

#### **7. Visualize a Positive Outcome to the Situation**

A lot of times you can get stuck on focusing on what you don’t want to happen or fearing the absolute worst thing that could happen. The top athletes of the world will imagine themselves competing flawlessly over and over again. There is no room for failure in their minds. This is what you need to focus on as well. See yourself achieving your desired outcome. What will it look like? What will it feel like? What will you say? How will you feel? Take the time to visualize it and really feel it. It will inspire you to keep moving forwards.



## **8. Stay Positive**

Things are usually not as bad as they first appear. Sometimes, things seem much worse simply because we're tired or mentally drained. Taking a break and remembering to keep your sense of humour can also help. This time of frustration will pass. A positive mind is far more open to solutions and answers than a negative one that thinks it's just "hopeless" and thinks "what's the use?" A closed mind will not be able to see the possible solutions when they do come along. Stay positive.

As with any problem, the solution is to figure out what your options are, decide on a plan, focus, and then take action. By using the above 8 steps, you should find that you're running into fewer problems and feeling less frustration. Instead, you may find that you're running into opportunities and you know exactly how to take advantage of them.

## The Game of Opposites – How to Instantly Deal With Frustrations

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“I hate my job. You’re so lucky you’re not there anymore.”

I was having lunch with my friend last week who is also a former co-worker when she suddenly blurted this out.

“Wow, it’s that bad now? Well, let’s play the Game of Opposites then,” I said pulling out a piece of paper.

“I’m trying to deal with a frustration here,” she replied. My friend is actually quite used to me so I think she knew to bear with me while I explained about the Game of Opposites to her.

“You know about the Law of Attraction,” I said. “You get what you put your energy and focus on, whether wanted or unwanted. Well, there is also the Law of Opposites that’s taking place and until you figure it out you will probably stay stuck where you are and you won’t be able to get past the frustration. If you have resistance to certain things in your life, it can make it difficult to get what you really do want and it can even prevent you from moving towards those desires.”

I made two columns on the paper like this.

What I Don’t Like	I’m Grateful Because

Now, first let me tell you about the Law of Opposites. Here’s a quote from Wes Hopper’s book called “The Astonishing Power of Gratitude” that I think explains it really well,

“Every situation that looks bad has an equal amount of good, if you look for it. Everything that happens just “is”. Like two sides of a coin, it has a side that looks ‘bad’ and it has a side that looks ‘good’. You get to choose. Whatever you call it, it becomes for you.”

So, in any situation you need to:

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“Remind yourself that the universe is friendly to you. There is a virtually infinite supply of everything you need. There is always enough money, customers, time, love, friends, etc so that no situation can leave you without those things for long. You do not absolutely need 'that one', you can move on to the next.

Next, you remind yourself that you get to decide what to call the situation - good or bad. You know the good is there (and, yes, I know, it is sometimes hard to see when you're in the thick of it), but you do know it's there."

In his book, Wes goes on to remind us that it's usually the absolute worst experiences that we go through that eventually end up bringing us the greatest gifts. They teach us valuable lessons and in the end turn out to be really good things. It may take awhile to find the good or the silver lining to the event but it's usually there. You just have to turn it around. You just need to play the Game of Opposites so, back to my diagram.

“You hate your job,” I wrote down in the first column. “This can be either good or bad. You get to decide. So, let’s say you choose to see the good in it. What can you come up with?”

“Well, it pays my rent,” She admitted.

“Good,” I said writing that down in the second column. “What else?”

“I’m gaining skills that I could use in a new job.”

“Perfect,” I replied. “Keep going.”

“I now have a better idea of what I do want in a job. Like being flexible in my hours.”

"Awesome. And, don’t forget that if you really liked your job you wouldn’t be motivated to find something else where you’re more challenged and learning more. More along the lines of what you really want to do.”

“You’re right,” she said. “I would just stay because it’s comfortable. This is totally encouraging me to find something new.”

We continued brainstorming all the good things about her job until we’d managed to think of about 10 things to add to the list.

Before we had gone through this exercise, my friend had been focused simply on the fact that she hated her job and thought she’d be stuck where she was forever. But, by turning it around, she can see that yes, she’s not satisfied with what she currently has but that’s actually a good thing. It’s at that moment when you’re trying to deal with a frustration that you learn that there is something that you need to improve and then you start to push yourself to grow and become even better. It causes us to learn more about ourselves and gain new insights into the world around us. You know you have the ability to do better

and you will. You just need to figure out how and then take action. But, you can only do that when you're grateful for the situation that brought you to the initial starting point. It changes your whole focus to one of being positive and this opens your mind to new opportunities.

Try it. See what a difference it makes. Write down everything in your life right now that is annoying you or frustrating you or that you don't like and then play the Game of Opposites. You will most likely find that you are suddenly able to move past those annoyances that were driving you so insane before and actually start using them as stepping stones to achieving what you really do desire.

### The Two Steps

- Write down what is annoying or frustrating you
- Write down what is good about the situation and why you are grateful for the situation.

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Bad luck is good luck we haven't figured out how to use yet.  
*Charles Burke from [Synchronicity Secrets](#)*

*[Print this quote](#)*

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## Frustration Due to Fear of Change - 6 Reasons Why We're So Afraid

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The key to change... – is to let go of fear - *Rosanne Cash*

All of us want to believe that we are the masters of our own destiny but sometimes the thought of making a life change is so intimidating that you end up doing nothing or settling for less than you deserve simply because you are so afraid of change. It's very frustrating because you know you can do better. Here's the 6 main reasons we end up paralyzed with fear and what we can do about them:

### 1. Fear of the Unknown

We've all heard of the old proverb, "the Devil you know is better than the one you don't". It's this fear of the unknown which can cause people not to take chances and to stay in situations where they're not very happy. As soon as people think about change they start playing the "what if?" game.

- What if I make a mistake?
- What if it's worse than what I have now?
- What if I fail?

We then tell ourselves the "grass is greener" and bury any thoughts of changing our situations for the better. We think we should stay where we are, just in case. We don't have crystal balls so we can't tell for sure what the consequences of our actions will be. We do know what we have now and we tell ourselves that if we think about it, it's really not that bad. Right? The fear of the unknown is what stops most people from ever making positive changes in their lives.

If we let them, our imaginations can dream up a never ending supply of terrible things that could happen. But let's think about it. We have the ability to imagine the absolute worst thing that could happen so that means we also have the skill to use our energy to imagine the absolute best thing that could happen to us. It's a matter of focus. Why do you waste so much time imagining the worst when there's just as much of a chance of the best outcome happening? In Susan Jeffers book, [Feel the Fear and Do It Anyway](#), she states that whatever option you choose will provide you with new opportunities and surprises that you may never have imagined happening.

"I can't lose – regardless of the outcome of the decision I make. The world is a place for opportunity, and I look forward to the opportunities for learning and growing that either pathway gives me." - *Susan Jeffers*

As she says, there is no wrong decision, there's just different opportunities. It makes it far easier to face the unknown if you think of all your options as exciting and worthwhile. You just need to decide which one you want to do right now. There is no wrong choice. Doesn't that make you feel better when you think of it that way?

## **2. Doubt Ourselves**

When you are contemplating making a life change you will usually begin to doubt whether you are up for the challenge. Things can also seem a lot bigger and harder than they really are. The task seems overwhelming when we look at it in the big picture. We'll ask ourselves, "who do we think we are thinking we can do that?" "I can't do that. That's too much."

If you want to achieve great things or even just achieve inner peace, sometimes you have to step out of your comfort zone and try something totally new. At least you will have tried. You will not have to live with the regret that you'll never know what you could have been if you'd been able to just take that one step forwards. Also, you will learn so much by trying different things. Even if you only end up learning that you don't like it, you have learnt more about yourself and where you want to go in your life. You will have new knowledge with which to use as stepping stones for the future. Usually you realize afterwards that, "it wasn't anywhere near as bad as you thought it would be." You also have increased your self confidence in having another situation under your belt that you were able to handle successfully.

## **3. Isolate Ourselves and Just Agonize Over Decisions**

Sometimes when you are going through challenging times you tend to feel isolated like you are the only person in the world going through this decision. You may feel that you need outside reassurance that you're doing the right thing. You'll ask everyone for their opinion so that you don't have to take responsibility for making the decision. I can tell you from personal experience that the absolute hardest part of making a huge decision is during the time when I'm agonizing over it. I will make myself sick with worry and wondering if it's the "right" thing to do. I'll be on the fence for such a long time sometimes deciding to make that big leap of faith and other times telling myself to "be sensible" and to work with what I have. I slowly drive myself and everyone around me completely insane. But the moment that I finally take the step that makes my decision official, I'll suddenly feel like a huge weight has been lifted from me. I'll then feel quite liberated and excited about my choice. It's the agonizing part that can stop you in your tracks though. It's the hardest part of making a big decision. It's much easier if you can make the decision and then move forwards as soon as you can.

## **4. Forget That You Always Have Options**

Sometimes when you're trying to make a big decision, you think you only have one choice if you don't want to accept the current situation. For example, you can stay in a job you hate or you can quit and be unemployed. And if you're like me you'll add things like "unemployed and starving to death and I'll never be able to find another job." I'll mentally paint myself into a corner (motivated by fear or uncertainty) and feel there is no way out. I'll feel like I have to stay in the situation because there is no other option. The truth is there is always another option. Sometimes it can take a little brainstorming to come up with a list of possible solutions but rarely are we truly ever without any choices.

## **5. Focus on the External World**

Another problem people face when contemplating change is that we tend to focus on external things to define our identity and worth (what kind of job we do, what kind of

possessions we have, how much we make). We put an emotional weight on stuff like this. If we don't have the latest t.v. system, we feel like a failure. We can't take the risk of losing all our possessions. It's who we are. People always ask us, "what do you do?". When we answer, our job is a huge part of our identity.

A much more important thing we should focus on is the value of all the relationships we have and how we can help others - it's really a wonderful symbiotic relationship. When you help someone (and see their appreciation or know that you are helping them) you feel good yourself - and it's a more genuine feeling of contentment than buying the latest gadget. It provides us with a much greater sense of self worth.

Also, being able to live the life you truly want is far more important than feeling trapped in a job you hate because you have to pay the credit cards for all the stuff you've bought. I think I can also guarantee, before we take our final sleep (which I'm sure will be when we're 105) we will be thinking about the people that have touched our lives, and not the corner office we had, nor the car we drove.

## **6. Handcuff Ourselves to Stuff**

Along with focusing on the external world comes the fact that we cling to certain possessions, statuses, and perks we've been given along the way as some sort of safety net. People will "handcuff" themselves to jobs they hate with thoughts like "I'll stay until I use up all my vacation days" or "I'll stay until I've got my pension". It's the "I'll stay until..." mentality. There's a lot of people who won't leave a job because of the promises of holidays, pension and severance pay. "If I leave I won't get 3 weeks of vacation anymore." Think about it. When you're 80 years old, are you going to be happy that you wasted your life for a few weeks of vacation? Also, it's limiting thoughts like these that keep us trapped in situations we don't want to be in. Turn it around and if something like vacation really is important to you, you can bring it up in any interviews you go to. At least you won't be letting a crutch stop you from facing the fear of change. It's far better to keep the big picture in mind of what do you really want out of life? You need to keep moving towards that and not getting caught in the mental safety nets along the way.

## **You Don't Have To Settle For Whatever Happens**

The worst part about being afraid of change is that you can end up settling for whatever happens. It seems less scary that way. The truth is that this is a far more frightening way to live because you don't have the feeling of being in control of what happens to you and you live in fear of what might happen. Having the confidence to take action in the face of fear not only provides you with a sense of control, ultimately it will also provide you with a life full of purpose and joy. And isn't that really what we're all trying to achieve?

## **Frustrated With Your Life? Want to Escape? How this might be an opportunity to get what you really want from life**

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Are you dreaming of just going to the airport and taking the next flight anywhere or thinking how great it would be to move and not let anyone know where you went? These are escapist fantasies and they could be an opportunity for you to change your life. Here's how:

### **1. Usually we start having these thoughts whenever we're really frustrated with our current situation**

Instead of dwelling on the fantasy of walking out, ask yourself—What do I want? At first you'll probably start with the minor things like “I want some peace and quiet” or “I don't want to work anymore”. Move beyond the “noise” or the minor irritations that are bringing you to this point and really dig deep.

- What do I really want?
- What do I want from life?
- What do I want from my relationships?
- What do I want to do?

Even if at first, the answer sounds crazy, “I want to be an acrobat in the circus”, don't instantly dismiss it because you've been told a hundred times that “that's not a job” or “you can't make a living doing that.” It's important to respect your deepest desires. There's a saying that says, “if you're not doing what you're supposed to be doing, it kills you to see people who are.” What's killing you? The corporate job may pay the bills for now but it's not ever going to satisfy your soul. What do you really want? Your feelings of frustration are a gift to take a look at your current situation and figure it out.

### **2. What's really bothering you?**

Is something bothering you but you just don't want to face it because you either don't like conflict or you feel like you shouldn't be annoyed by it? Running away isn't going to solve the situation nor is ignoring it. Figure out the true issue and take steps to address it.

### **3. Are you in a situation where you're being asked to move beyond your comfort zone?**

Moving beyond your current skills can be daunting. Believe in yourself that you can do it. The “fight or flight” response can be intense in new situations where you may feel overwhelmed by the learning curve. Take it one step at a time. You're bright, you're smart, you'll figure out how to learn all that you need. Facing this temporary fear will lead you closer to where you ultimately want to go.

### **4. Start thinking about your options**

Feelings of frustration can occur when you think you're stuck with absolutely no other choice. There's always options and choices you can make. You just need to figure out



what they are. Brainstorm and write down every idea you can think of. No censoring. No matter how crazy they sound, write them down. Maybe you can't quit your job tomorrow and become an acrobat but you can certainly join a gymnastics group or even take a Club Med vacation where you can try out the trapeze. Once you start thinking about it, you'll be amazed at how many possibilities you do come up with.

### **5. The starting point**

Once you figure out what you want or what's bothering you, you now have a starting point of where you want to really go. Listen to your heart and you'll be amazed at how fast the feelings of frustration are replaced by a feeling of relief or even excitement when you suddenly have a direction to go.

Escapist fantasies are important wake up calls. They're a sign that you need to leave the world of "auto-pilot" and become conscious of what you're doing now, what you want to be doing, and how you could be doing them. If nothing else, asking yourself the question of "what do I want?" will give you the opportunity to learn more about yourself. Escapist fantasies can end up being turning points in our lives. They're gifts from your subconscious, take them.

## Anger Due to Frustration

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### **Merriam-Webster Definition of Frustration**

a deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs

When you're in the state as described by the above definition, you may find that you're constantly angry. It's one way of expressing your frustration with your life and the world.

Anger can be a valuable tool for self growth if you know how to use it. Self growth through anger can actually be some of the greatest lessons you'll ever learn. It can signal that something is wrong and that you need to do something about it. If you take the time to actually examine your anger instead of just "feeling" angry, you'll gain incredible insights into yourself. The problem is usually we're too busy being angry at people or external events to learn the valuable lesson our emotion is trying to tell us. We're blaming others for our feelings when really we should be looking inside. The following two articles will explain how to work with your anger due to your frustration. The first one allows you to discover why you're so angry and the second one works with forgiveness which is also a needed step to get past the anger.

### **Self Growth Through Anger**

Here's two ways to enable self growth through anger in a positive way:

#### **1. Why Are You Angry?**

Ask yourself, "Why are you really feeling this way?"

If your response is something like "because Joe didn't pick up the dry cleaning like I asked him to" then you're not looking deep enough. Blaming others is the superficial response. Even if you are mad at Joe, what bothers you the most about the situation? What is it telling you about yourself, your needs, your wants, etc. You need to work through the emotion of anger as soon as you can. It's your reaction you need to figure out. Dig deep and learn from that. You'll be amazed at what you can discover about yourself.

I can give you a personal example. I went to a meeting once and I was verbally attacked over an application I supported at my work place. Various people went on and on about how terrible this system was and that it never worked. That didn't bother me that much. I was used to that but one of the comments was, "your job is pointless". This really upset me at the time. I was also absolutely furious with that comment. My immediate reaction was:

- How dare they say that?
- Didn't they know how hard I worked?
- Didn't they know how much overtime I'd been putting in lately?

I was so angry and upset that they would treat me that way. Once I took the time to think about what was really making me so mad, I learnt a lot. I realized that the comment was more true than I wanted to admit. In the big scheme of things, my job was pointless. It wasn't what I really wanted to be doing with my life and this is what frustrated me the most. Here I was pouring part of my heart and soul into a job I didn't even really want to do. I had convinced myself that I was important there. That I was making a difference. I wasn't. I was using it as a crutch because I didn't have the confidence in myself to take the scary road towards what I really wanted to do. As soon as I realized that, a lot of my anger just melted away. I also realized that I needed to start focusing on what I really wanted to do. I now consider this incident as a great gift. It got me back on track to moving in the direction I want to go with my life. I probably wouldn't be where I am today if I hadn't taken the time to figure out why I was really so angry.

## 2. Change Yourself, Not Others

The other thing to remember when feeling angry is that you can't change other people. You can only change yourself and how you react to it. Once you figure out why you're so angry, you then have a pretty good idea of what you need to change. You also have a better idea of what personal issues you need to work on. Feel unappreciated? Figure out why and how do you change your own feelings towards that? Mad at your spouse for burning the toast? Most likely that's not what's really bothering you. Usually, it's a symptom, not the cause. Take control of the situation and change yourself. Your emotion has provided you with the clue, now figure it out.

### When Using the 2 Steps, Remember the Following:

#### A Sign That You've Figured it Out

A sure sign you've figured out the true cause of your anger is the moment when you feel the anger suddenly subside. In the above example, if I'd left my soul searching at the point where I was still angry at not being appreciated by my co-workers, I wouldn't have been able to discover the real issue. I would have still been very frustrated and angry at the external situation. Annoyed with my co-workers when they were only a symptom, not the true cause. As soon as I understood what was really happening, all the anger disappeared. I also knew I needed to make changes and from understanding why I was mad I had a better idea of what I needed to do. My anger truly was a great gift for me.

Until you figure out the real reason, the emotion will remain. It will be like when you have a thorn in your thumb. You may think you have it out but when you feel a prick every once in awhile, you know it's still there. It's not out until you deal with it. A sure sign that you **haven't** dealt with the real reason is that you find that you get irritated very easily with everyone and everything. It will seem like everyone is just out to wreck your day.

#### It's Worth the Effort

When you're absolutely furious at something or someone, it can be hard to get yourself to start thinking about why it bothers you so much. The more you do it, the easier it gets though. And you feel a lot better afterwards because you have used it for personal self

growth rather than letting it's destructive side hurt you. You are able to move forward with your life because you have resolved the issue instead of just stuffing it down inside. If you deny your true feelings, episodes of anger are going to occur again and again until you deal with it.

Anger is also a negative emotion which takes a huge amount of energy. You may also find that your immune system is reduced if you're holding on to a lot of anger. Use your energy for positive things and learn from your anger. Think of it as a gift you're being given to learn about yourself and how to get the life you really want.

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You learn in life that the only person you can really correct and change is yourself.

*Katharine Hepburn*

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## Forgiveness – How It Will Change Your Life

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“I’m going to die alone with 33 cats. And I don’t even like cats.”

I overheard this comment while I was waiting for my tea at the local Starbucks. And with a statement like that, I just had to turn to look at the speaker. She was a beautiful woman probably in her late 20’s sitting at a nearby table with one of her girlfriends.

From what I could gather, this lovely young woman had once again freaked when someone got too interested in her and had ended a relationship.

“I don’t know why I do this,” she groaned to her friend.

Normally, I don’t listen to other people’s conversations but sometimes it happens. I mean really, is it my fault that the only unoccupied table happened to be the one next to them? Anyway, interestingly enough, they then started discussing her recent trip to visit her family and how she felt that they’d almost completely ignored her the entire time. She’d travelled a long way to visit them and in return they’d left her at home to watch tv while they went out. It had been devastatingly hurtful to her.

“Bingo,” I thought. “Her past is haunting her future. That’s most likely why she’s having relationship problems.” My guess is that she feels her family doesn’t value her so how could anyone else think she’s wonderful when they don’t? Rejection by family is especially hard because that is the one relationship you tend to believe is unconditional. A hundred people could tell you, “you are the most incredible person in the world” but it is that one rejection by a family member that you will hold on to for your self image. You end up subconsciously thinking it’s better to push others away before they discover that terrible secret that only your family knows. That you’re not worth it. Of course this isn’t true but once the ideas are formed in your mind it’s difficult to move beyond them.

My guess would be that she’s never forgiven her parents for how she feels they’ve treated her and for her low self esteem. I’m sure the incident she spoke of was just one in many such events throughout her life. Her whole self image is now wrapped up in this resentment that she holds. I didn’t say it to her but the sad thing is that she’s doomed to continue following the same pattern in all her relationships until she changes herself through her thoughts. No guy is ever going to make it past her barriers until she does. It’s not her actions that will change the situation, it is her thoughts. And in order to change her thinking, she needs to start with forgiveness.

### Forgiveness is Critical For Your Self Image

You need to forgive everyone who’s ever done anything to you for which you still feel resentment. This is something you do for yourself, not the other person. When you think about it, whatever that person did to you wasn’t about you at all. It was totally about them and how they view the world. Just like in the above example, her parents’ behaviour didn’t have anything to do with her. It was about them. They were doing what they

thought was the right thing to do. Just like in whatever you do, you do it because you think it's the correct decision at that moment. Later on, you might think it wasn't the best choice, but at that particular point in time, it was what you thought was the best action to take. You were doing your best in the situation with whatever knowledge you had at the time. This is what everyone does. So, even though, we may not agree with it, they're doing their best. And she may not like how her parents treat her but they are doing the best that they know how. Parents aren't perfect yet we want them to be. They're where we got our self image from, they need to be perfect. It's a big shift in consciousness when you realize someone else actions and opinions do not make you the person you are. Only you can do that. You get to decide what you think about yourself but until you forgive that other person, you won't be able to get beyond the initial resentment.

Let me confess a secret here. I used to feel that I just wasn't "good enough" because my parents didn't always have a lot of time for me when I was a child. As I reveal in "[How to Be Good Enough or What I Learned From Barney the Dog](#)", it was simply a matter of looking at the situation from a different perspective that enabled me to finally move beyond that destructive self image.

### **True Forgiveness is When You Can Answer Two Questions**

To know whether you have truly forgiven someone, try this test. Can you genuinely answer "yes" to these two questions?:

- Do you honestly wish them well?
- Are you grateful for them?

If you can't answer yes to the above questions, then you really need to keep working at it until you can. As Wes Cooper says in his book, *The Astonishing Power of Gratitude*,

“for this reason, every area of your life where you can't or won't forgive is a blockage in the flow of your success. The only way to unblock it is to be willing to release the person or situation with gratitude for what they brought you.” And “when you can really wish them well, then we have cut the chains of resentment that tied them to us and we are free to move on.”

### **Forgiveness is a Gift To Yourself**

Once you're able to forgive you will also probably find that you have been provided a great gift of knowledge. You will have learnt something in that experience that you can use to become a stronger or better person. Something good can come out of that negative situation and you can truly become grateful for the experience. As I talked about in "[The Game of Opposites – How to Instantly Deal With Frustration](#)" every situation has no meaning until you give it one. It can be "good" or it can be "bad" and the only person that gets to decide that is you. If you decide to choose "good" then it changes your whole focus to one of being positive and this opens your mind to new opportunities. You'll start using your experiences as stepping stones to achieving what you really want. Otherwise those past experiences will forever hinder you and you will continue to have resistance to

certain things in your life. This will make it difficult to get what you want and it can even prevent you from moving towards those desires.

### **Change Your Thoughts, Change Your Future**

Forgiveness is the first step in changing your thoughts which will end up completely changing yourself and your entire life. It will be at that moment, that you will suddenly be free. It'll feel like this huge weight has suddenly been lifted off of you. The alternative if you insist on holding on to those past resentments, will be as this quote by Malachy McCourt reveals, [“resentment is like taking poison and waiting for the other person to die.”](#) It's absolutely your choice. Forgive, be grateful, and move on. It's the only way to be truly free and to become the complete and whole beautiful soul you were meant to be. You can do it.

For more information, on how to forgive, check out [“The Confidence to Move Beyond Our Suffering”](#) and [“What's Your Life Story? Do You Need to Let It Go?”](#).

## What To Do When You're Frustrated Because Life Doesn't Appear to Be Changing

I was recently asked the following question and I thought I'd include the answer in this book as I'm sure there are others experiencing the exact same frustration.

“I am doing everything I can to remain positive but it seems like my personal life is becoming harder and harder everyday. What should I do to keep thinking positive thoughts?”

Here's 7 actions you can take to stay positive when your life doesn't seem to be going the way you want:

### 1. Be Grateful

Even if it seems everything is going wrong, there are things that are going right. Every day, write down all the things you are grateful for having happened to you today. Be descriptive of each item. Feel the joy those things bring you. Even if it's something really small like your car started this morning. Be grateful for it. This will help you to stay focused on the positive.

### 2. Look for the Silver Linings

Sometimes events that initially look bad turn out to be really good things in the end. I can't remember the exact saying but it was something like every black cloud has a silver lining. Here's an example, maybe you need to look for a new job because your company is downsizing. If you look for the silver lining in that, you can see that it's making you leave a job you didn't like that much anyway. You can now find that job that you really want to do or pursue a lifelong dream or even just take some time off to enjoy life before going back to find another job. By looking for the silver lining then bad things can actually become really good things.

### 3. “Often the Greatest Doubts Occur Just Before a Breakthrough”

This is a quote by Lama Surya Das. If you can think of your difficulties as being necessary to make a breakthrough to the new life you want to lead, it will make it easier. You're breaking free of your old life on the way to your new, more exciting life.

### 4. Look at the Big Picture and Focus

Decide on what direction you want your life to head. Think about what areas you want to explore, what experiences you want to feel, what do you want to accomplish in your life? What kind of person do you want to be? Then start taking steps towards those goals. Even if it's just tiny steps every day, stay focused on where you want to go, and keep moving forwards. Then the little things you're going through right now won't matter as much because you have an exciting new [life direction](#) to focus on instead.



## 5. Discouragement is Just a Trick

Here's a quote I really like about not letting yourself get discouraged.

"Discouragement is a negative emotion with more than one trick up its dark sleeve. It tricks you into mentally or emotionally dwelling in the very place you want to leave. Drop all such sorrow permanently by daring to see through this deception of the unconscious mind. You have a destination far beyond where you find yourself standing today" - *Guy Finley*

Keep this in mind as you continue to take steps towards your goals. You do have a destination far beyond where you are today.

## 6. Keep Reading Inspirational Articles and Maybe Join a Forum

If you keep reading inspirational articles and books, it will motivate you to stay positive. You will see that everyone goes through rough patches but that they do make it through. It will be worth it in the end. Also, there are some good forums you can join where even just reading the other posts can motivate you to stay positive. Or, if you want to make a posting, you can gain support from others as well. Who knows, you may even be able to answer some one else's post and help them out too.

## 7. Take a Break Sometimes

Forget about your problems and just go out and do something fun. Go to a movie, go out with some fun, positive thinking friends, go to a play, go for a bike ride, just do something. Get out and just enjoy yourself for a little bit. Sometimes, we just get so wrapped up in our problems that we forget to have fun. Taking a break will re-energize you and you may find that things aren't as bad as you thought.

So, there's at least 7 things you can do to help you remain in a positive frame of mind when your life seems to be falling apart. I hope it helps. I also want to say, good for you in recognizing the need to stay positive when it can be easier to just go with the negative flow. It shows you are on the right path and you will make it through your current situation with flying colours. Hang in there. This will pass and you will soon be experiencing your new, more positive life.

## **Work Frustrations - 5 Strategies to Change a Negative Work Environment**

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Whether you love your job or hate going to work every day can depend a lot on whether you work in a positive or a negative work environment. We've all been in the situation where we seem to be working with dysfunctional people and in an area that's more toxic than a nuclear waste dump. It's frustrating and draining and a lot of the time you end up thinking that you're going to have to find another job because you can't stand it anymore. But, there will always be negative people everywhere you go. The trick is to learn how to deal with those people. Part of the frustration comes from feeling that you are helpless to do anything. This isn't true though. You have the power to take control and change your environment. Here's 5 strategies to do just that:

### **1. What's your own mindset?**

There is an African proverb that says, "when you cross someone on your path who is more committed to their hatred than you are to your love, then their hatred will take the place of your love." The moral of this proverb is that you need to make the commitment to yourself that you will walk with positive thoughts and have joy for life. Don't let the negative people bring you down. It's very easy to get caught in that trap. Step 1 is to be aware of your thoughts and try to focus on the positive. Listen to your thoughts, are they positive or negative? If they're negative, try to look at the situation from a different angle and make it a positive. This gets easier with practice. Also, just because everyone around you is unhappy doesn't mean you have to be. This can be tough to do but it's definitely worth it. If you can train yourself to be positive in these types of situations, you will be able to deal with almost any situation you come across. Remember, most of the time environments are all in how you think about them. If you think it's a horrible place to be and there's no hope, that's exactly how it will be. If you look at it as a learning experience and a challenge to come up with meaningful solutions, you will be able to find the answers.

### **2. Are you a part of the problem or the solution?**

Negativity quickly spreads from one person to another. If you constantly complain to others about how bad it is, then you become a part of the problem because you're adding fuel to an already depressing situation.

For example, is there someone on your team that drives you completely crazy? They are always complaining about everything, don't want things to change, constantly put down others, never seem to do their fair share of work yet are always griping that they're overworked. Sound familiar? The more you talk about this person to other members on your team, people in your organization, even to your friends and family, you and everyone you complain to, are all becoming just like your co-worker. Pessimistic and unhappy. Things get worse and worse instead of better. It's like the African proverb, you

have become committed to the same attitude as the person you are spending so much time complaining about. The more you talk about them the more power you are giving them and in the end the person you hurt the most is yourself.

### **3. Are you waiting for someone else to fix the situation?**

It's easy to fall into the trap of thinking that your boss should take care of the situation. So, you wait for them to do something. They are after all the one in charge, right? Wrong. Dealing with personalities is one of the hardest jobs a manager has to deal with. A lot of managers don't understand why people just can't do their jobs and why there's so much personal confrontation. They're not trained to deal with emotions and they may not have a clue on how to handle it. They're trained to deal with issues like productivity and the bottom line, not personality conflicts. If you can suggest solutions then you're not only solving your own problems but you're going to be viewed as a much more valuable employee. This also has the benefit of making you realize that you're not a helpless victim. You have the power to make your own changes and you're the one in control of how you view the situation and how you handle it.

### **4. Step back, take a look at the view**

Say, that same co-worker in the above example snaps at you and never has anything nice to say to you. Your feelings are hurt and you don't understand why they always seem to say such mean things to you. Take a step back and think about why the person may be behaving the way they do. There could be a lot of reasons. It could be anything from family issues to the fact that they feel they're not living up to their potential and feel stuck in their current job. It could be something as simple as they feel like they're being excluded by the group and they just need to be included in more conversations and coffee breaks. Most likely it doesn't really have anything to do with you. That person may just be in a negative mental space and everything in their world is lousy. It wouldn't matter who you were they would be making the same snide comments. It's not personal against you. It's just how they view everything around them. It can be hard for people to get out of a negative groove when they've been that way for awhile. It's like the saying that someone sees events around them with "rose coloured glasses" except in this case they have "mud coloured" glasses.

If you can maintain a positive attitude it won't affect you as much. You'll know it's a reflection of where the negative person is at, not you. They're negative energy and they're looking to attract more negative energy. If you're positive, you're on a different level. If you try to look at the big picture and think where the comments are coming from it makes it much easier.

Everything is all in how you look at it and how you decide to let it affect you. You have the power to choose. You can learn from it or you can just let it eat you up. It's completely your choice.

## 5. Quit fighting the symptoms, go for the cause

Positive energy can spread just as quickly as negative energy. You just need to start the ball rolling. People get trapped in the victim mode and feel that there's nothing they can do. If they start to see that changes can happen they may be more willing to come up with their own solutions to add to yours. The majority of people want to be positive but just don't know how.

A good way to start is to come up with solutions to solve some of the problems you see occurring. It's really important for you to try to find the root cause of the situation and not get caught up in fighting just the symptoms. For example, one person is always complaining that they're overworked, the phone is ringing off the hook and that there is no one to help them. Your first thought might be that your company needs to hire another person to help out. But, this probably isn't the root cause and in most companies it's probably hard to find the extra dollars in the budget to hire another person. Plus, you're back to expecting someone else to solve the problem.

Here's another option. Track the phone calls. What are most of the calls in regards to? Are most of the calls related to the hours that your business is open, people unable to find the product information they need, people trying to book appointments? Once you know that, try to find alternatives for people to get the information they need without having to make a phone call. For example, could the information be posted on a web site, are there brochures you could give people, is the information people are receiving too confusing and just needs to be re-written?

Try to determine if there are things you can do to alleviate the real problems. Can processes be streamlined, can procedures be made more efficient? It's amazing how much difference even one little change can make to improve a situation. You just need to start looking and figuring out some possible answers.

### In Summary

Whether you love your job or hate it is really going to depend on how you view it and what you're willing to do about it. You have much more power than you may think. Instead of feeling like it's hopeless, view it as a challenge to actually make a real difference in your workplace. You'll appreciate the results as will your co-workers. You definitely have the power to change a negative environment into a positive, fun place to be. You can do it.

## Frustrated With Making Goals? Try a Life Direction Instead

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Do you constantly make goals only to give up fairly soon after? I used to make resolutions ever January 1 but I haven't made a New Year's Resolution in a long, long time now. I haven't because it seemed to just cause me great frustration that within weeks I would abandon whatever grand plans I had. It would make me feel like I was a failure and I thought, "who needs that?". Looking back, I think part of the problem was that I usually made goals for something I thought I should improve about myself: lose a few pounds, stop biting my nails, etc. Things I should do but didn't have a huge amount of desire to fulfill. Also, to me a goal is something you want to achieve but once you've accomplished it, you're done and then move on to another goal. For things like wanting to exercise more, to me it didn't make sense to have a goal of going to more exercise classes because once I'd done them, then I figured I'd achieved my goal. So, basically, New Year's Resolutions weren't working for me and I stopped making them.

This year, I decided that I am going to try something a little bit different. Instead of making a goal, I've decided to make myself some "Life Directions". The difference is this won't be things I should "improve" about myself but instead this will be the direction I want my life to head. It's also much more about taking the time to think about:

- what's working in my life
- what's not working
- what direction I want to go in
- what things do I want to have happen in my life
- what new things or ideas I want to explore

By thinking about these points first, I can then come up with changes that I want in my life. It opens far more possibilities to me and I'm enriching my entire life not just one facet of it. This is different than having a goal. A goal would be having a final destination in mind. Having a direction is more changing your life so that you are growing and learning the way you want to. There's far less emphasis on "failing" because it's a direction. I think it's important to have a good idea of what type of life you want and what you want to be doing in your life because if you don't stop to think about it then you'll just end up reacting to whatever life brings. Part of gaining confidence is being proactive with your life rather than just reacting all the time.

**If you want to try making a Life Direction too then here's 7 helpful tips:**

### **1. What do you want to do?**

It's important to be clear as to what you desire. Do you want to travel more? Do you want a new job, do you want to buy a house? Do you want to be in excellent physical condition?

Once you have your list, then think about whether your desire could be the result of something bigger. For example, if you say you desire to lose 5 pounds, are you really

wanting to be in the best physical shape you can be. You want to be in good shape so you can get the following results: lose 5 pounds, be less tired, fit in your favorite clothes again, etc. Losing the 5 pounds will be a result of your new life direction, not your actual direction. After you lose that weight, you will continue to have a life of being in excellent physical shape because that's the type of life you want to have.

## **2. Be Specific**

I used to make goals like: eat better, exercise more, get more organized. In order to know if what I'm doing is working, I need to be more specific. What does eating better really mean, how much would be more exercise, etc? What will my life be like once I incorporate the new direction? You get the idea. If the concept is vague then you will be far less likely to achieve it.

## **3. Why do you want it?**

A lot of goals we make for ourselves are because we feel they're things we "should" do. We should eat better, we should exercise more. We hear it all the time. But, if it's not something we really, really want to do or believe in, it's not going to happen. Also, if we're doing it for someone else or because we think we'll get something in return for it (he'll love me more if I lose weight), you're probably also not going to stick to your new life direction.

## **4. Make a list of benefits**

Make a list of why you want your life to go in this direction. If it's to be more organized then why do you want to be more organized? For example: to not waste time looking for things, to be able to clean your home faster, to have more time to do the things you want, etc. If you have a list then on those days when you're not feeling very motivated, the list will remind you why you started in the first place. It may even remind you of how far you've come from when you started.

## **5. What is distracting you from accomplishing your path?**

Joseph Garcia's theory from the book "[The Motivated Mind](#)" is that we don't follow through with our goals because there is something more attractive in the not doing than there is in the doing. For example. Eating better. Easy to say, not so easy to do. If I decide I want to eat better I am distracted from my goal by comfort food. Yes, the thought of eating better means I have to give up comfort food. Hard to do in the cold of winter. But, again following his ideas, I had to think more about why I want to eat better. Look better, have more energy, just feel better, be able to get out and enjoy things like mountain biking, fit my clothes better etc. You start giving yourself more reasons to want the Life Direction than to want the negative attraction.

## **6. Start small**

Sometimes we lose track of what direction we want to go in because we've made it too big for ourselves. Break it down into steps and make sure you start with something simple. For example: remove junk food from house, stop buying lattes on the way to work or check out a pilates course at a local recreational centre. Something that's easy to

achieve and gets you started in the right direction. Keep yourself moving in the direction you want to go.

### **7. It's a direction not a destination**

If you make your goals to be a direction you want to head in, then it will be easier to keep going after you have a “bad” day. For example, if one day you binge on a whole box of chocolate chip cookies, you won't feel like you failed because you know it's this is just a temporary thing. This isn't the life you want to lead and you can start again tomorrow. Just be careful of saying that too many times.

Making a Life Direction is a way to really change your life for the better. You'll have a much better idea of what you want in your life as well as how to go about achieving it.

## Final Word

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You have discovered some valuable new skills in this report and I hope you found it both interesting and profitable. If you use some of the exercises whenever you run into frustrations, you will be able to quickly find a solution as well as achieve strong, reliable results while everyone else is still pounding their head against a brick wall.

As valuable as these skills are, you can continue to discover more. I invite you to subscribe to my email newsletter, "[Life With Confidence](#)".

From this newsletter, you will receive practical information on building your confidence in yourself, your work and your personal relationships. It's tips, tricks, and strategies that actually work and don't just try to sell you high priced products. Join now and you'll see what I mean.

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## Quotes to Print Out

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- Problems often act as stones that wear away the rough edges of your plan rather than as roadblocks [Print from \*Seize the Day\* by Danny Cox and John Hoover](#)
- In the middle of difficulty lies opportunity. - *Albert Einstein* [Print](#)
- Nothing can stop the person with the right mental attitude from achieving his goal. Nothing on earth can help the person with the wrong attitude. - *Thomas Jefferson* [Print](#)
- Many of life's failures are people who did not realize how close they were to success when they gave up - *Thomas A Edison* [Print](#)
- When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. - *Henry Ford* [Print](#)
- Discouragement is a negative emotion with more than one trick up its dark sleeve. It tricks you into mentally or emotionally dwelling in the very place you want to leave. Drop all such sorrow permanently by daring to see through this deception of the unconscious mind. You have a destination far beyond where you find yourself standing today - *Guy Finley* [Print](#)
- You will never change your life until you change something you do daily. - *Mike Murdock* [Print](#)
- Real difficulties can be overcome. It's the imaginary ones that are unconquerable.- *Theodore Vail* [Print](#)
- Courage is not the absence of fear, but rather the judgement that something else is more important than fear. - *Ambrose Redmoon* [Print](#)
- Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have. - *Louis E. Boone* [Print](#)
- Life isn't about finding yourself. Life is about creating yourself. - *George Bernard Shaw* [Print](#)
- The Purpose of Life? To totally immerse yourself in situations that interest you and to explore the inner experiences – the thoughts, feelings, learnings, and growth – that result – *Robert Scheinfeld* [Print from \*The Invisible Path to Success\*](#)
- Most of the limits and barriers that hold us back are imaginary and of our own making. - *The Universal Traveler, Don Koberg and Jim Bagnall* [Print](#)
- I can't lose – regardless of the outcome of the decision I make. The world is a place for opportunity, and I look forward to the opportunities for learning and growing that either pathway gives me. - *Susan Jeffers from *Feel the Fear, And Do it Anyway** [Print](#)
- You are closer than you think. – *Diana Schwarzbein from *The Schwarzbein Principle** [Print](#)