



Life Coaching Encouragement for Your Advancement

SOME IDEAS ON HOW TO WIN IN THIS 'GAME OF LIFE'.....

It seems that some people need to fail, time after time, to discover truly what their vocation is in life, to learn, from past unhappy experiences, their own particular formula for success. Often you see people, who time and again, are knocked down by sickness, bad luck, failures, financial and personal loss etc., but somehow they drag themselves up again, weakened, fragile, sad, disillusioned perhaps, but always willing to go on again. Their indomitable spirit reigns that inbuilt fight-for-survival instinct, that ability to hang on when things get rough, to stand up tall and proud under adversity and still retain the strength of body and spirit to fight back and carry on. This 'never-give-in' spirit is a very necessary quality and attribute required to obtain success in this 'Game of Life' - even more so than brilliant talent. Many people have been richly endowed with ability, brains, beauty, yet sadly lack in self-confidence, persistence and inner strengths to survive the oppositions met in life. Possessing a belief in yourself and aspirations that won't be dampened can pull you through the worst moments of adversity in your life. Too often a project started with a burst of enthusiasm and a running start, slows down when the individual starts thinking he's mastered the situation and decides to just 'coast along', enjoying his lead. Perhaps we should remind ourselves of the famous fable of the tortoise and the hare ! To let up in the 'Game of Life' is to give up on living.

Nothing worthwhile in this life is attained or maintained without effort. Sometimes when you feel surrounded, threatened or weighed down by certain conditions, situations or circumstances that seem beyond your control, or without a solution, try to mentally step outside yourself and observe them from a neutral and uninvolved place, from a detached point of view, as though they are separate from you. We often place ourselves in a prison where there is no escape from our problems, sinking deep in our doubt, fears and apprehensions, not realising that the more we dwell on them, the more 'bogged down' we become ! Don't kid yourself by thinking that the great names and personalities of yesterday and today became great by dreaming about it. Their greatness was accomplished by their own blood, sweat and tears, their own pain and sorrow, and many set-backs, disappointments and defeats. They fought their road to victory. every inch of the way, and when they reached their summit, supreme of their class, they knew they deserved that crown of jewels, that string of pearls, that was justly theirs - they had paid a dear price to reach the top, but all was worthwhile. That 'daring to face whatever comes up' is the one thing that sustains those who become the conquerors of this world - whatever their walk of life, making the best of whatever situation is presented to them.

Until you are willing to 'risk', to place yourself 'out there' and give it all you've got - you'll never know what you can do ! All successful people, everywhere, have had their own struggles and won over every form of defeat and adversity, simply because they displayed that 'winning spirit' and persevered to the end. It is very easy to go through life when everything is peaceful, quiet and smooth in every way. The real test of your character, and whether you have that certain quality, the 'fighting spirit' comes when you are under terrific pressure - when there seems no way out or around a situation. This is when you'll know what you are made of. This is when the supreme quality of self confidence comes in to pull you through. The confidence in one's ability to 'stand and deliver', the knowledge that 'you can do it'. When one is faced with a hopeless situation that certain quality seems to pop up, instilling in you the courage and confidence that you will apply yourself with persistence, determination, self reliance, patience and whatever else is needed to win victoriously, to take the next step forward for your own realisations that you are a winner in this 'Game of Life'.



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net