

## Overcoming Challenges

Life is **uncertain**, you don't know and you are not sure what will happen to you in the coming days. It's like riding in a roller coaster going up and down. Other people will call it the ride of your life. So you better **hang on** to it until the end.

Just like what Tom Hanks said in the movie Forest Gump (1994) *“Life is like a box of Chocolate. You'll never know what you're going to get.”* True enough. Living your life is a combination of every emotions that you may or may not want, but it will always be there and no one can avoid it happening to each and every one of us.

Life can be full of happiness as long as you are **contented** and happy with what you have in your life. And life can also be full of challenges that no one can really escape from, because it's what makes us stronger and prepare us to face the next **challenges** that will come to us.

There are challenges in our life that truly makes us **stumble** to the ground face down and we thought that it was the hardest time we ever had in our life. As if it's the end of the world for us. But actually it's not. It's just the beginning of our **journey** in this life. What are these challenges?

**Loss** is unavoidable in our life. Losing someone very dear to you and it could be your loved one, a family member or your best friend that you always confided whenever you need someone to talk to. How about losing your job, a very valuable item or a relationship?

Think of why these things or this person so important to you and just have to understand the value of what you lost and why you lost it will give you a better and clear view of the true reason why it happened. Definitely it will not just happen overnight, but indeed it will be clear to you and you will get over this challenge because you will understand it perfectly.

**Failures.** Every one of us experienced failures not just in business but also in life. But these failures also taught us to be a better person because we developed **compassion**. We learned to be empathetic and to feel sympathy for others as well. And when you see someone experienced



also what you had been through you totally understand why you experienced it first before them. Because you were able to overcome the challenge and now you can give assistance to others who needed support for this.

**Obstacles or Setbacks.** Hindrances are the things that happens that delays our plans to happen like becoming successful in life. There will always be obstructions like problems that you never expect to happen. However, these problems make us even more stronger and lived firm to fulfil our goals in life. And you can probably share your experiences to others how you were able to defeat these obstructions in your life so that others can also be free from this type of challenge.

**Moral.** A kind of challenge that will always be debatable. Knowing and implementing what is right and wrong can be very challenging. Taking the right decision with the wrong action will depend on one's ideology or belief. You have made your dream come true becoming the new Manager in your company but you made it because you secretly ruined the reputation of your opponent. Doing the right thing will always make you a better person with a clear conscience and with a peace of mind.

**Overcome your past story.** You may be unfortunate to be totally poor when you were young, or you were a victim of a traumatic experience that haunts you at night when you sleep. You need to get through with this challenge in order for you to live free, happy and welcome the future with a bright future ahead of you.

**Temptations.** There are many types of temptations in life but one thing is for sure, it's all not good to our life and we will never ever benefit from this. So let's just try to keep our mind in making the right decision in our life without hurting other people's feeling.

These are just some challenges that we encountered in our daily lives. Let's face it, challenges will always be there, even if you go out and travel to another country, it will always be there right next to us. But the thing is are we ready to face them all or we will just try to avoid them.



Once we recovered from these challenges, we are all a better person with firm and strong personality, **molded** by the experiences we have been through. We also developed a good characteristic that will define a good version of ourselves.

### **Vocabulary:**

**Uncertain** – unclear, indefinite

**Hang on** – hold on

**Contented** – satisfied

**Challenges** – tests, trials

**Stumbled** – fell

**Journey** – expedition

**Compassion** – consideration

**Molded** – formed, prepared

