

# Staying enthused in tough times

Sometimes, it seems like the world is trying to drag you down.

Elections, economic upset, hurricanes and what have you -- heck, I've gotten to where I won't even turn the news on. I don't want to be confronted with pundits, newscasters, and analysts.

But it's difficult to put all of this stuff aside -- and sometimes, you have to keep your mood up, even when everybody around you seems to be plumbing the depths of desperation.

What can you do?

- 1. Remember who you are.**
- 2. Remember where you want to go.**
- 3. Remember what you wish to do.**
- 4. Remember where you came from.**
- 5. Remember that tough times never last.**

## **1. Remember who you are.**

It seems odd to say it, but it's easier to lose track of yourself when you're in the midst of calamity. It's easy to get caught up in the whole thing, and forget who you are, and what you want to do. This first step is of utmost importance, though -- it's only when you keep a vision of who you are that you're able to keep yourself straight in a crisis.

## **2. Remember where you want to go.**

It's been proven time and time again. Even in the midst of calamity and confusion, you're not going to get to where you want to go unless you keep heading for it. You've got a lot better chance of achieving success if you "keep your eye on the ball," so to speak, and actively work to achieve your goals, no matter what the world around you is doing.

## **3. Remember what you wish to do.**

Along with keeping your destination in mind, you also need to keep your mind on what you're doing. Keeping your mind on your work will help you keep your mind

focused on who you are and what you want. In times of turmoil, it'll make a big difference.

#### **4. Remember where you came from.**

I include this, because the wisdom you gain from remembering the things you've been through helps a lot when you're in the middle of troubled times.

Remembering your past challenges can give you added strength to deal with the challenges of the present -- and it can also help you from making bad mistakes in the future.

#### **5. Remember that tough times never last.**

Most of the time, people generally have a predisposition to do positive things -- and sooner or later, the turmoil will cease, the world will right itself, and things will get good again. The old adage is that "Tough times never last, but tough people do," and it's absolutely true. When times get tough, it's best to keep your wits around you, rather than running all around screaming.

Sure, sometimes, things get rough, and it becomes more difficult to keep your mood up. But if you keep your mind on who you are and where you wish to go, it's a whole lot easier to make it through the rough spots. And here's the kicker -- if you do it well, you can profit from the turmoil around you.

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