

MANAGING DISAPPOINTMENT...

The simple secret to success and happiness

I currently invest a lot of time trying to work out how to, not only, be successful in my own life but to help and inspire others to be successful in theirs. Whatever success means for them or for you is irrelevant. Please don't get me wrong, I don't have all the answers, but I really believe as every day passes I am learning more and more amazing insights and perspective. What keeps astounding me is the simplicity of what it really takes to be successful. Note I said simple, not easy! To kick this weeks article off I would like to ask you a question if I may; How do you handle disappointing and upsetting situations?

Have you ever got on the scales after a week of determined and focused effort to lose weight to look with horror as your weight actually went up? Have you ever gone for that job that you were certain you would get and being passed over? Have you ever been told what you were doing was silly and that you would never be successful? Have you ever been rejected in your attempts to sell a product or idea to someone? Have you ever missed a goal or deadline? Have you ever felt disappointed, angry or rejected?



Disappointment affects us all

It would amaze me if there was anyone on the planet that did not answer 'yes' to any or all of the questions above. So, what I have realised is that if we can't avoid disappointment, the the simple secret to success lies in our ability to manage it.

Disappointment affects all of us, probably even at some level every day of our lives. In fact I was disappointed just this week when I didn't get the recognition *I thought* I deserved for helping someone achieve something significant (key phrase – '*I thought*'). I inhaled my thumb for a short period and went into sooky mode as I rang Laura to look for sympathy! I then sat and thought about my where my disappointment stemmed from. The answer was purely **ego**! I then deliberately changed the direction of my thinking. From a totally different perspective I thought about how happy I was for that person, because at the end of the day it was about them and not about me. I was grateful that I had the opportunity to help them achieve their goal and I was proud of myself for my role in the achievement. I was able to manage my disappointment and let go of it before it could do any further damage to my self esteem or to my relationship with other people. This is a far cry from how I would have managed this type of disappointment in the past.

I'm excited – this could be the key!!



The more I think about this the more excited I get! Just think about it, if we could just consciously and deliberately manage our disappointment imagine how amazing our life would be as a consequence. When we are sad, disappointed or upset we make decisions based on how we feel. Have you ever regretted a decision you made when you were upset or angry? I know I have. So if we can manage our disappointment then we would obviously make better decisions. As a result of better decisions we would take more

appropriate action and we would therefore get more desirable results in our lives. So the key is not to avoid disappointment (impossible!!), but to keep it in check and not let it impact the good decisions that we know we should be making. This simple insight will totally change the path our lives will take.

Why should the scales control our lives?

As a personal trainer I watched with despair as so many people allowed a set of scales to determine their happiness, because they were unable to manage their disappointment. Most of us have hated scales at some stage in our life. For me it was because I was too skinny and could never put on weight no matter how hard I tried. For many people it is the opposite. The disappointment that comes after so much effort has been applied to lose or gain weight when the scales give us bad news is devastating for many people. It can in fact send some people into a spiral that they never recover from for the rest of their lives. But it doesn't need to, if we can simply manage our disappointment!



Allow yourself to fly..

Managing the disappointment of the yucky scales will help us look for different solutions and ways to achieve and measure our results. Managing the disappointment of a rejected sales call will help us find a better way to become more effective in selling our product, service or concept. Managing the disappointment of an argument with our partner will help us see both sides and bring us more quickly to an apology and a blissful relationship. Managing the disappointment of discouragement from someone close to us will strengthen our resolve to be successful despite them.



Managing our disappointment in any area of life allows us the ability to rise above the situation and look down at it objectively to make better decisions. Managing our disappointment allows us to rise up and fly to success.

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