

3 Ways to Overcome Discouragement

Who among us has never fallen prey to discouragement, doubt and hopelessness? We all know how important it is to maintain a positive mental attitude in business and personal relationships, yet knowing this and being able to do it are two quite different things.

What do you do when you're feeling frustrated with your results; when you're upset about not reaping the harvest of all your hard work? You may start by telling yourself that you must get positive; that you must stop wallowing in negativity and self pity.

The trouble is that attacking your negativity is, in and of itself, more negativity. It's very easy to berate yourself for being in a lower state of energy, an emotional trough. But when you do that, you'll often find that your energy gets even lower. You'll soon find yourself sinking into a self-fulfilling vat of shame, anxiety, depression and self abuse.

When you're in a lowered state of consciousness, defined by an inability to access positive thoughts and feelings, you're in no position to give yourself advice. The thoughts that arise in your mind will be tinged with blame, recrimination, fear, and self-loathing.

You can't solve the problem at the level at which it was created. You can't pull yourself up by your own bootstraps. You need to discover a place of hope, possibility, love, and understanding. Here are three ways to do that:

1. **Take a break:** This is both the easiest and the hardest thing you can do. Your ego will insist that it's imperative for you to keep working harder, despite your ineffective state of mind. It's not true. A walk in the woods or along a beach can be very effective, assuming you're committed to using that time to be present; not to reviewing your problems.
2. **Meditate and pray:** Connecting with your Inner Self and with your Higher Power, whatever you conceive that to be, is a proven and effective way to rise above your negative state. What arises in its place are hope, gratitude, and inner peace; prerequisites for effective business.
3. **Talk to a friend:** Just admitting your negative state to someone who loves and accepts you can quickly put you in a different frame of mind. The foundation of all transformation is non-judgmental awareness. When you're not in a position to give it to yourself, find someone else who is.

So, as soon as you notice that your internal state is not helping you accomplish your goals, use these tools to get yourself back on track.

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