

WHAT TO DO WHEN YOU THINK LIFE SUCKS

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“If you want to test your memory, try to recall what you were worrying about one year ago today.”

(E. Joseph Cassman)

Life is not always great or an exciting journey.
At times it may not even feel OK.

When you've had several setbacks in a row, bad luck or things aren't going your way, even though you do your best, then it may feel like life simply and honestly sucks.

I think most of us have had days and likely longer periods like weeks or months when we've thought about life like this and felt pretty glum and like there's a personal little rain cloud over your head.

What can you do when that happens?

In this article I'd like to share 10 things that have helped me when I've been in that situation.

I hope you find something here that'll help you out.

1. It's OK to feel frustrated (but know how to handle it so you don't get stuck).
2. Tap into **gratitude for the simplest of things**.
3. Focus more on the small how-to and less on the why
4. Reminder: **This is temporary**. And there is a brand new day tomorrow.
5. Ask yourself: What is going well in my life though?
6. Setbacks can be very valuable if I let them
7. Reminder: It's OK to have a bad day
8. Let it out
9. Work it out
10. **It's always darkest before the dawn**