





We all experience times in our life when it feels like the world is crumbling all around us. Times when our problems feel too big to handle, or times when it seems as though nothing ever goes our way. When we have bad experiences, it's easy to dwell on those sad events and get caught up thinking about all that is wrong in our lives, while ignoring everything we have that is good.

So when you experience setbacks in life, don't focus on all the ways that things are going wrong. Instead, try to think about all the people who love you and want to see you succeed and be happy in life. Think about the people who are there to support you and to catch you when you fall. Think about all the love and support you have from parents, teachers, family or friends. With so many wonderful people on your side, I have a good feeling it will all work out in the end!

