

Life Never Gets Less Stressful, We Just Get BETTER!

There will always be stress, but with experience we get wiser and deal with stress better.

It is so easy to get discouraged and just want to throw your hands up and say "FORGET IT I HAVE HAD ENOUGH"! But then what? Give up one set of problems and you get another set of Problems. At least you know the Problems you have right now. The new Problems could be worse and usually they are.

"It's not that I'm so smart, it's just that I stay with problems longer."

Author: Albert Einstein

Yesterday I was talking to one of my girlfriends about how much we have learned in the last 5 years, and how we deal with things better now than when we were younger.

She was saying about 10 years ago she quit a job that she really enjoyed, because she was young and did not know how to deal with the stress. She told me if she knew then what she knows now, she never would have quit that job.

She said, yes the job was a lot of stress and there were problems, because the company was pretty new and they were just getting started, but she really loved it.

Over the last 10 years she has thought about that job a lot, and what she might have been able to do if she had stuck it out and grown with the company. She told herself, if I ever find another job that I enjoy no matter what, I will never quit again.

Hindsight is only wonderful if we can learn from it, and she said she sure did learn from it. Today she is a very, very successful business woman, and the biggest lesson she said she learned from that experience, that has helped her make much better decisions over the last 10 years is: **"stick it out and work on it, and it will always get better"**.

She said, it took her about 4 years to finally find another job that she enjoyed as much as the job she quit, and she said no matter how stressful and no matter how bad of a day she might have, she always remembers back to when she had quit her other job, and how long it took her to finally find another job that she liked.

So, think about how much wiser you are today, and the choices you made back 10 years ago, or even 5 years ago. Well, in 1 year from today you will be wiser than you are today: Will you still like the choices you made today?



Tammy Taylor, CEO, Tammy Taylor Nails

We don't know, because we do not know what the future brings, but **I do know one thing for sure: throwing your hands up and saying "I quit" NEVER turns out better and, is "never" the right choice?**

**“When you are tough on yourself, life is going to be infinitely easier on you”
Zig Ziglar quote**

You are stronger than you think and you can do it. It is not always easy to fight through tough times, but it is always worth it; especially when you finally get through it, and you look back and see how amazing you were, and how proud you are of yourself now. When someone else probably would have quit but you didn't, you stuck it out and made it happen.

"Yesterday I dared to struggle. Today I dare to win. "
Author: Bernadette Devlin

With love,

A handwritten signature in cursive script that reads "Tammy Taylor".

James 1:3-4 NLT version

For when your faith is tested, your endurance has a chance to grow.

So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.

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