

How To Deal With Disappointment

Personal Excellence



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Part 1: Why Disappointment Is Good

This is **part 1** of a 4-part series on dealing with disappointment.

1. [Why Disappointment Is Good](#)
2. [Are You Letting Your Disappointments Destroy You?](#)
3. [How To Deal With Disappointment](#)
4. [My Experience with Disappointment and How I Overcame It](#)

“One’s best success comes after their greatest disappointments.” - Henry Ward Beecher



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“One’s best success comes after their greatest disappointments.”
- Henry Ward Beecher

When was the last time you faced disappointment from a certain outcome that did not meet your expectations?

It could be any event in your life, from a big set-back to a small mishap. Perhaps your meeting at work did not go as well as you anticipated. Your new job was not what you expected. Maybe someone you like did not reciprocate your feelings. Maybe your relationship did not work out the way you hope it would.

How did it feel? Did you feel like a certain sense of numbness and void inside of you? Were you despondent and dejected? Did it feel like it was the end of the world?

Disappointments are **dissatisfactions that arise when your expectations are not met by outcomes**. In short, a) you had an expectation b) things did not unfold against the expectation.

Every day, people deal with disappointments. Depending on how big the disappointment is and how you choose to deal with it, the feeling of disappointment may dissipate after a short while or hang over your life for an extended period of time. If not handled properly, disappointments can lead to depression and eventually apathy.

Why disappointments are good

Contrary to what people may think, disappointments are actually positive phenomena, for two main reasons.

1. Passion towards a cause

Disappointment is the reflection of your passion towards something, be it a certain goal, dream, desire or outcome. Wherever there is a cause, there will be an effect – in this case, the passion is the cause and disappointment is the effect. If you don't care about something, you wouldn't be feeling disappointed, would you? The very presence of disappointment suggests that **this is something you care about so much that you would feel bad over it.** The higher your disappointment, the stronger your passion for this is.

As Martin Luther King Jr puts it very adeptly, "There can be no deep disappointment where there is not deep love." This *deep love* is what drives you towards your goals, dreams and desires. This *deep love* will be what fuels you in life, bringing you to places you have never been before. This *deep love* is what makes life worth living. Remember that **disappointment is always a better emotional state than apathy or neutrality where the individual feels indifferent towards anything.** I would much rather be feeling a negative emotion any day than feeling absolutely nothing. The ability to feel is what sets us apart from non-living beings. To feel nothing is to be an android, a robot, a machine.

2. Represents an opportunity for progress

Disappointment also signals **an opportunity for progress and growth.** If you are disappointed in an outcome, it means there is actually **a certain error in your framework of thought which need to be resolved.**

Whenever you are disappointed, it means you have certain mental illusions about reality which you need to address. On the flip side, if your perceptions of reality are always right, you will never feel disappointed at all. By correcting your illusions and getting a more accurate picture of the reality, you are equipped with more knowledge. This knowledge is a source of power; power for you to act towards your goals.

Think of disappointment as a **troubleshooting tool** which helps you iron out the kinks in your perception of reality. By using the knowledge from your previous experience, you can act more accurately towards your desires. The more you deal with disappointment and learn from it, the closer you will get towards your goals and dreams.

In the next part, we will examine the 3 destructive approaches people adopt when faced with disappointments and why you should not adopt them.

Posted Jan 4, 2009 | [Original Article Link](#)



Part 2: Are You Letting Your Disappointments Destroy You?

This is **part 2** of a 4-part series on dealing with disappointment.



How do you normally deal with your disappointments? Do you block them out of your life? Do you sleep them off and hope that you will feel better when you wake up? Do you tap into them as a source of energy for your future goals?

Dealing with Disappointments In Destructive Manners

Many people are caught like fish out of water when they are faced with disappointment. Because they are not taught on how to deal with it, they end up adopting various destructive approaches instead.

1. Avoidance by numbing yourself with other activities

Some people try to **drown out or tune out of their disappointment** by engaging in anything that takes their mind off the subject. They may partake in activities such as partying, hanging out, sleeping. They push themselves into going through the motions of daily life so they can just operate in auto-pilot mode without thinking. Some turn to addictions such as retail therapy, playing games, emotional eating, sex or even stimulants such as alcohol and drugs. These people seek solace in whatever that is within their radius, in their effort to avoid being alone with their disappointment. Rebound relationships are commonly formed for this reason, where the person tries to get over the previous relationship without having to deal with it directly.

While these give a temporal uplift in the short-run, **they do not resolve the issue**. Soon after, they face another situation which leads to disappointment again. Instead of properly resolving the problem, their immediate reaction is to turn to the same set of activities and actions to drown out the emotions.

This eventually continues in a downward spiral.

2. Denying your goals and dreams

In the longer term, **some block out their dreams and goals in life, pretending they don't exist**. They develop dual personality halves – on the outside, they erect a wall which serves as a form of defense mechanism; on the inside, they hide their real self and desires underneath. They condition themselves into not setting any expectations, since disappointment will not occur where there are no expectations.

For example, people who have been scarred by negative relationships tend to develop barriers to love. On the outside, they appear aloof and cool; however on the inside they long to find their special someone. Because they fear getting hurt, they deny their desire for relationships and refuse to let people into their lives. At some point in the future, this denial catches up with them and it creates a backlash. Have you ever met such people before? They look like they don't care, but you know on the inside, they really do care. As they block out their desires, they in turn make themselves more miserable in the long-run instead.

3. Giving up on your goals and dreams

There is another group of people who **give up on their goals and dreams**. While they still long for their goals, these people resign to a fate where they will never reach them. They become depressed and self-depreciative, devaluing their own self worth and thinking they are not meant to achieve anything. They spend more effort everyday trying to convince themselves and people around them that they will never ever achieve their goals, as opposed to acting on them.

What Happens When You Deal With Disappointments Destructively

If you have ever dealt with disappointments in the above manner, you are not properly dealing with them.

In the first part of the series [Why Disappointment Is Good](#), we discussed that one of the reasons disappointment is good is because it

represents **passion for a cause**. The higher your disappointment, it means the stronger your passion is.

Whenever you try to drown out your disappointment, deny your goals and dreams or even give up on them, you are really just **rejecting who you are on the inside**. You are denying your desires, your wants, your goals, your dreams, your visions, your real self – everything. These desires originated from somewhere inside of you, for a reason – and that reason is not for them to be denied. To quote Esther and Jerry Hicks from the book [Ask And It Is Given](#), “If you have the ability to imagine it, or even to think about it, this Universe has the ability and the resources to deliver it fully unto you.”

When you try to deny your real desires, you are just **hollowing yourself from inside out**. You can try to pretend everything is fine and lead your everyday life, but you cannot fool your subconsciousness. Everyday, living feels like an empty act. Over time, you will find yourself sinking from a state of disappointment and dissatisfaction to a state of apathy. You start living everyday in a lifeless, zombie-like manner, with no passion or zest. You feel like you are just swirvelled up on the inside; Everything through your lens just seems barren and empty.

The good news is, it doesn't have to be this way at all. **You are not alone in your disappointment**. Everyone has faced disappointment at some point – your friends, family, teachers, managers, co-workers, etc. I have faced disappointments before as well, from all different areas of my life. It is not a phenomenon exclusive to you. As much as disappointment is an emotion triggered without your conscious undertaking, you can proactively deal with it in a conscious manner. As long as you learn how you address your disappointments properly and pick up from here, you can lead life the way it is meant to be led – **in alignment with your passions and inner desires**.

In the next part, we will discuss how to deal with disappointments constructively.

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Part 3: How To Deal With Disappointment

“What doesn’t kill us makes us stronger.” – Friedrich Nietzsche



In our previous article, we talked about destructive methods of dealing with disappointment which you should avoid. In this part, we will be discussing dealing with disappointments in the constructive manner.

Dealing with Disappointment – Constructively

Put yourself in a clearer mental state

Whenever you experience disappointment, you are pulled down into a lower state of consciousness, where your thoughts are predominantly rooted in fear, sadness, grief or even apathy. There may be times when the feeling of disappointment is so

overwhelming that it feels like the end of the world.

Being trapped in such a state it prevents you from thinking logically and clearly. When dealing with disappointment, your first focus should be to **bring your consciousness up** to a more neutral or positive level such as desire, neutrality, willingness and reason so that you are in a better position to react to your situation.

Look for **positive activities where you can recharge yourself**. What activities do you most enjoy doing in your life? Identify them. It can be writing in your personal journal, playing games, walking in the park, watching a happy movie or talking to positive friends. If you find that reading your favorite book uplifts you, then pick up the book and start reading it. If taking a stroll along your neighborhood makes you more relaxed, then get out of your

house and enjoy the breeze outside. If playing games can makes you feel happier, go ahead and play them. Do whatever makes you feel better. Sometimes, simply spending time alone might be the best way for you to clear out your mental clutter and regain personal energy.

For me, I find that a combination of activities including alone time, talking with my good friends, watching my favorite shows and playing my favorite sports help to lift me up considerably. I absolutely love playing Ultimate Frisbee and badminton; whenever I am playing them I get a lot of exhilaration and fun out of the exercise. In times when I feel really down, I would rather prefer spending time by myself. This alone time allows me sort out the thoughts in my mind, think without external interferences and gain clarity on what to do in my situation. Talking with my friends, on the other hand, makes me privy to other perspectives and thoughts which I may not be aware of in the beginning.

Attach with your desires, not your goals

When you are disappointed, your source of disappointment is rooted in **your over-attachment to a certain outcome**. When an outcome does not manifest the way you envisioned, you become disappointed. This is a perfectly natural response. However, understand that your expectations in the outcome, or goals, is a **reflection or external projection of an underlying desire you have**. They might or might not be accurate projections, because they are merely subjective interpretations of what you think is needed to live up to your underlying desire.

For example, let's say you went for an interview with Company A. You love the job scope, the benefits package is great, you have heard rave reviews about the place. All in all, you see a career at Company A as the equivalent of your dream career. However, you are passed over for another candidate whom they deemed as a better fit for the role. Company A happens to have a policy of only accepting applications from the same candidate once every 2 years. There is no way you can try until 2 years later. What should you do from here?

The second step towards dealing with disappointment requires you to attach yourself to the desires behind your desires, not your goals. Start off by recognizing that a job in Company A is just a projection of your inner desires. Your inner desire may be to get a career which challenges and stretches you in a dynamic working environment. If there's the case, there are many ways you can do that, such as working in Company G, Company X, or even setting up your own business. Working at Company A is just one of the many ways which you can achieve that.

A common example where people tie themselves too much to their external projections of their desires is in relationships. For example, you like person A. You want to be together with him/her, but the person A does not reciprocate the feelings. While you may feel disappointed, stop and think – What are

your underlying intents? It is to be in a loving, authentic relationship with someone. Person A is just one of the many people in this world who can make you feel love. He/she is not going to be only person you are capable of loving; there are many other people out there whom you will love as well. Instead of tying all your expectations to this one person, link yourself with the underlying desire to find real, authentic love.

Ask yourself this question: **What are your actual desires that are driving your expectations?** Understand what they are and list them down. Say you are at point A and you want to move to point B. When you link yourself with these desires, you will realize that point B is just one of the many destinations you can go to. There are many other possible destinations, such as point C, D, E.. all the way to Z, then there's even A-1, A-2.. and so on, where you can achieve your desires just as well, if not better. Attach yourself to your desires, not your interpretations of what will achieve your desires.

Release yourself of your mental illusion

The next step in dealing with your disappointment is to **release yourself of your mental illusions of what reality should be**. Many people remain in a disappointed state because they are hung up over their expectations of what reality should be. If you are disappointed over something, you are harboring certain perceptions of what it should be. These perceptions are not the reality; they are figments in your mind which are untrue. If they are true, why are they causing you disappointment?

These mental illusions are **disempowering** because they keep you caught in the negative state you are in. As long as you are trapped in them, it prevents you from progressing towards where you want to go. Dealing with disappointment requires you to let yourself go of the mental illusions.

When you are disappointed, ask yourself this – what is it that I getting hung up over? What false perceptions am I still clinging myself on with? What am I expecting from the reality that it is not giving me? Seek these illusions out, one by one. Question yourself how and when you came to have the illusions. Become aware of them and release yourself from them. These illusions are giving you an inaccurate view of reality. They are preventing you from acting constructively on your situation or living your life the way you should.

If we look at the same relationship example from above, you are disappointed in the situation because you wanted to be with person A. You feel that you have lost what could have been a great relationship. However, that is actually just an illusion in your mind that you are playing in your head. If person A is does not want to be with you for whichever reasons, he/she is not going to be the person who can achieve your desire for a relationship. He/she is not going to be the person who can give you want you desire. Your belief that he/she is the one for you is actually an illusion that you need to

release yourself of.

Understand the outcome is not a setback

In [Why Disappointment Is Good](#), we discussed that one of the reasons why disappointments are good is because it represents an opportunity for growth. Many people become disappointed with occurrences because they view that as a setback or a failure vs what they want to achieve. They feel like they have taken a step back from what they have come to acknowledge or expect.

For example, say you did a lot of preparation and late night studying for your exams. You had the belief that these actions, along with what you knew about your reality, would result in you getting high flying results. However, instead of achieving that outcome, you fell short of your expectations.

While you may be feeling disappointed, this experience is actually showing you that there is a misconception in your thinking. What you originally thought is sufficient to achieve your outcome actually isn't. Instead, you may need to increase your resources or change your approach to achieve the results you want. **Your disappointment is actually helping you to move towards your goals**, not away from it as you originally thought.

Your experience has resulted in you **obtaining new learnings**, whether about yourself, the situation or even the world. You have gained something which nobody else is privy to. How can an outcome be a setback if it gave you something new to learn about? As Friedrich Nietzsche said in the opening quote of the article, "What doesn't kill us makes us stronger." With this new learning, you walk away from previous experience **a better person**. You will become **a stronger individual**. You reach **a whole new level of awareness, consciousness and growth which you never had before**.

Moving Forward: Focus on doing the best you can

Dealing with disappointment is definitely not an easy task, but if you work hard at the steps mentioned above, it will eventually help to pull you out of the void state you are in. As you start living past your disappointments, **focus on living in fullest alignment with your desires**, instead of your goals. Continue to have [goals](#). Let them [drive you forward](#). However, take note not to attach yourself with these goals. When you do that, you start to fall into the trap of associating your existence with them. This is not sustainable because those goals are just external outcomes which are impermanent.

I have a good friend who once said to me – “Life is not just about reaching the goals; it’s about living it to the fullest.” And she is right. In every situation you are in, choose the action which lets you **live in alignment with your inner desires the most, within your abilities, within your situational contexts**. As long as you are doing that, there is **no reason why you should feel down or bad**, because you have done all that you can. I wrote about this notion in [Living in Alignment with Your Purpose](#) in the context of living with your purpose.

When you start doing that, you will find that you are able to live consciously and freely instead of subjecting yourself to outcomes. You are able to constructively channel the passion of your inner desires to live the kind of life you want.

In the last part, I will share my personal story on how I overcame a period of disappointment in my life.

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Part 4: My Experience with Disappointment and How I Overcame It

This is the last part of a 4-part series on dealing with disappointment.



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(Originally written and published on Jan 8, 2009)

Whenever I write articles, I draw inspiration from the events that are unfolding in my life. This one is no different. 😊 Here, I will be sharing my personal experience with disappointment over a month ago which led to the respective insights and revelations you have read thus far in [this disappointment series](#). My purpose of sharing this is for you to benefit from my experience. As you read, see if you can draw any parallels between what I went through and what you are going through in life now. 😊

Beginning of a New Journey: Hopes and Expectations

If you are a regular reader, you would know that in Oct '08, I [left my full-time job](#) to pursue [my purpose to help people grow](#).

Before I quit, I had already formed a very clear vision of my [end goal](#). I decided that I want to be running a **personal development business**, and that involves doing it via all different mediums, such as being a coach, blogger, speaker and educator. This site will be the first step of my plans.

I mentally gave myself a 6 month period to fully focus on pursuing my purpose (where I will be living on my savings), and see where it takes me. Depending on how things go at the end of the 6 months, I would either continue to pursue it full fledged, or go back to corporate work (for a few more years) and pursue my purpose at the side.

In my mind though, I was secretly and extremely hopeful that everything would work out and I could do this full fledged from here on.

A State of Happiness and Fulfillment

Life pursuing my purpose is **amazingly phenomenal** – for the first time, I am able to dedicate my full attention to my goals and dreams without having to manage other conflicting demands from work.

Just imagine being able to wake up every morning, **doing anything and everything which you want to do**. I've always been someone who is very enthusiastic about life on the whole, but these days, I literally bounce around in exuberance, energy and wide grins. 😊 My friends and acquaintances can give testaments to this. 😊 If you have been reading my other articles especially the [Discover Your Purpose 7-part series](#), you will find that I repeatedly reference to how passionate I feel about my purpose and how much it drives me. The feeling is just really, incredible, unlike anything I have felt before.

Conflicting Demands of Reality

However, after a couple of weeks of working on my plans, I realized 6 months is not going to be enough for things to take off to the level I envision. For starters, I need to establish a high level of awareness for the business. I need to also build credibility and expertise for my skills as a personal development educator. By simply being a 24 year old myself, people's first impression is likely to cast doubt on my abilities. **Awareness, credibility and expertise take time to build up and 6 months is not a reasonable time frame** (in fact, 2 months had already passed when I was working on my plans). Studies of online blogs have shown it typically takes at least 18 months before a blog fully takes off. That lead time does not even factor in when I am able to start earning a living from the business.

In the meantime, there are other conflicting issues I have to deal with. For example, **financial limitations**. While I can generally live day by day in a frugal manner, I am limited in many decisions and it is **directly/indirectly tied with money**. When my friends suggest taking a holiday trip, I opt out due to the cost. When I go out, I am conscious of how I spend my money. I started reducing/cutting out all kinds of expenditures where possible, such as on clothes, dining choices, transportation (I started religiously taking the public transport vs cab), entertainment (movies, activities, and the like), etc. I also noticed I would subconsciously flinch whenever money was involved.

This is a stark contrast with how I was when I was still working – I was by no means a spendthrift, but I never let myself be held back in decisions because of money. It was a deliberate choice too, because I always felt that money should be a means, and never an end.

There is also my family in question. **I need to support my family**. After I left my job, I stopped giving them money – this was meant as a hiatus till I start earning money properly. By the way, I come from a low-income family – my pay in my previous job was more than double the combined pays of my parents. Quitting my job meant cutting off the core income source of the household. While my parents were very supportive of my decision to quit, it is always in my plans to reinstate some level of my income within 6 months of quitting, someday or another.

The monetary issues do not end there too. As part of my plans to be a life coach, I am exploring attending a formal coaching course to solidify my coaching skills and get a license in the process. However, after checking the coaching courses, it seems like they cost at least four grand and above. Considering I'm not earning anything right now, that is quite a sizable sum of money to me. How can I become a professional life coach if I cannot even pay for the training course?

All in all, it seemed that **my key issue is really money**.

Contemplation, and Decision

In Nov '08, I laid out all the options I have on the table and narrowed them to two:

1. Return back to corporate work at the end of the 6 months and run my personal development business at the side, until the point where it is established enough to do it full time.
2. Focus full force on running my personal development business with faith that I will be able to start earning sufficient money within 1-2 years (I will be out of my savings by then).

I assessed the two options.

Option 1 seems to be the **more realistic and logical path**. With this, I will no longer be bounded by the constraints of money. However, if I am to go back to work, I will definitely not have as much time to write for my blog and do my personal development work. The nature of my corporate work is highly demanding and time consuming; in the past I was constantly traveling and spending late nights and sometimes weekends working. I will likely be

miserable if I am to return to corporate work.

Option 2, on the other hand, is **emotionally rewarding** since I will continue to pursue my purpose full time. However, it is **financially risky**. Not only will I still be facing the same financial limitations in the meantime, I am also banking my whole life on the success of my business within a fixed time frame. What if I am not able to earn money from it after 1 year? What if it takes longer than 1 year to fully take off? I will be caught scrambling around to keep my basic needs secure by that time.

When I looked within myself for answers, the dominant, idealism streak in me was screaming to go for option 2. *“Just throw everything you got and everything will turn out fine and dainty in the end! This is what you truly want to do and it’s what makes you the happiest!”*

The logical and practical side of me advised me option 1 is the better, wiser choice. *If you want to help people grow, you need to ensure that you secure your own needs first. How am you supposed to be of service otherwise?*

It tore me apart, to have it literally boil down to between my purpose or money.

For money to become **the** single pressing concern as I am pursuing my purpose – It is like a bitter irony. Instead of being able to fully focus on living my purpose and let the money flow in in its own time and place, I felt like I was pressurized to identify ways to earn money through it. By tying a monetary value to my passion, I felt like I was making a travesty out of it. I hated being caught in a situation where I had to keep thinking about money, when I was pursuing something much higher. It was really quite frustrating.

Eventually, I asked myself the deal breaker question – *‘What is the option that will ensure the long-term sustainability of my pursuit? What is the option that will guarantee that I will be able to achieve my pursuit in the long run?’* When I thought about it in that manner, it was apparent that option one was the winner.

A State of Deep Disappointment

When I came to the realization, an overwhelming wave of emptiness washed over me. When I quit my job, I was sincerely hoping I would be able to run ahead with my purpose forever. Instead, now I have to return to a corporate career which I’m no longer fully passionate about. I honestly felt like I

dropped all the way down to an empty, dank pit, all by myself.

While I had no doubt that I would eventually reach my end goal given time and effort, I just felt so.. tired all of a sudden. I felt tired thinking that I was already at my goal, then realizing that it is suddenly pulled far away from me, into an ambiguous future. I felt tired realizing there were suddenly so many things standing between me and my goal. I felt tired having to figure out ways to secure a living when I am trying to pursue a higher purpose. I felt tired to have to return to corporate work after quitting it to fully pursue my passion. Suddenly, everything that I was doing and fighting for all along just became meaningless.

Dealing with My Disappointment

For the first few days, I wasn't in the mood or state to think, feel or do anything. I was functioning on the outside, but I felt dead on the inside. I would just lead through my day in auto-pilot, without caring or feeling much about anything at all. When I was engaged in other activities or out with friends, it partially took my mind off the topic; but when I was by myself there was clearly a void inside. It was really a very empty feeling. It wasn't even about feeling bad or negative. It was just empty; like a state of apathy.

After a few days of living with an abyss though, I decided it was enough. I am normally a very vibrant, upbeat person and it felt sick feeling so empty. I started to pick myself up and think about how I could improve the state I was in.

I did a lot of introspection by myself regarding my situation. I shared my thoughts with several good friends and talked through it with them. It was interesting, getting different perspectives from each of them. One of the things I love most about communicating with other people is the diversity of thoughts you get from the interaction; and the responses you get is always a reflection of a certain aspect about themselves.

Through these, I received several key insights.

My Revelations About My Situation

I realized the reason why I was so disappointed was because I had become overly attached to my end goal. I had narrowly defined 'living my purpose' to only happen when I was running my personal development business full-time. But this should not be the case at all. If I had to go back to corporate work given my circumstances, it did not mean I was not living my purpose. If anything, **going back to work allows me to live my purpose**, since it secures me financially in the meantime. It is actually the best course of action that allows me to lead my purpose within my circumstances.

I was getting too caught up in the belief that 'living my purpose' only happens when I have my business up and running full time. That's defining it too simplistically. Living my purpose is **a way of being**; something that translates into many different actions, from my day-to-day decisions, my interactions with people, my thoughts and feelings, and so on. As long as I ensure everything I do everyday is in alignment with that, nothing else really matters.

When I came to this realization, the end goals suddenly lose their significance. I mean it's nice and all when everything takes off, but it really doesn't matter much since I'm already living in the moment right now.

Additionally, while I initially saw the decision as a setback vs what I'm trying to achieve, I realized that is really isn't. **Becoming aware of all these barriers is actually a progress in itself**. Instead of swimming around in my original belief that everything can be up and running in 6 months, I can now better act towards my goals with the new learnings I have. This experience gave me new knowledge, new insights and a new perspective. As I incorporate these new learnings into my actions, I am in fact progressing towards my goals, and not moving away from it as I had initially thought.

The combined epiphanies shook me out of void I was in. I found my feeling of disappointment was totally redundant and misplaced. Suddenly, I began to regain the passion I have for life – in fact, it became even stronger.

Life after the experience

In the past few weeks after I shook out of my disappointment, it feels like I have been operating at a totally different, higher consciousness which I never had before. It is an increased sense of awareness and clarity about myself and everything around me.

This experience has definitely made me realize many learnings and blind spots which I was previously not privy to; things that made me grow more as a person. It is a very empowering feeling; as if nothing can ever get me down anymore. The feeling is extremely, extremely liberating. If you have overcome a stage of deep disappointment in your life before, you will know what I mean. It's like what Henry Ward Beecher meant when he says "One's

best success comes after their greatest disappointments” and what Friedrich Nietzsche meant by “What doesn’t kill us makes us stronger”.

If you are wondering about the outcome of this blog after I return to work, not to worry – I will continue to write on this blog and work on my personal development business in full force, whether or not I’m returning to corporate work. It is my core passion and vocation. In a matter of time, the foundations of this business will strengthen to the point where I will be able to do this full-time, as my career 😊

Update on 10 Mar '09: I've decided to pursue my personal development work full-time and not return to a corporate day job 😊 For more details, read the post [Embracing My Passion](#).

*This is the **last part** of a 4-part series on dealing with disappointment.*

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- [How To Overcome Fear](#) (3-part series)
- [How To Move On From a Heartbreak](#) (5-part series)
- [What Are You Running Away From?](#)
- [You Always Have A Choice](#)



Afterword

The series in this book is just the icing on the cake. If you have enjoyed this book and found it useful, you will surely love all the other articles at Personal Excellence. Many readers continually feedback on how they have benefited tremendously from reading the site and how it's a staple for their personal growth. Here is a list of top articles to get you started:

Conscious Living

- [Are You Sleepwalking Your Life Away?](#)
- [Discover Your Real Purpose](#) (7-part series)
- [How To Know What You Want To Do In Life](#)

Awareness & Growth

- [101 Ways To Live Your Life To The Fullest](#)
- [101 Important Questions To Ask Yourself in Life](#)
- [How Are You Faring In Your Life Now?](#)
- [Get Your Big Rocks In First](#)
- [Are You Putting Any Parts of Your Life On Hold?](#)
- [What Is Your Consciousness Level?](#)
- [101 Ways To Be a Better Person](#)
- [Are You a Self-Help Junkie?](#)
- [You Always Have A Choice](#)
- [Increase Your Mental Clarity in Just 15 Minutes](#)
- [Write A Letter To Your Future Self](#)
- [Create Your Life Handbook](#)
- [Blind Spots In Personal Growth](#)
- [How To Create An Inspirational Room](#)
- [If Your Life Was A RPG, What Type Of Character Would You Be?](#)

Goals & Success

- [6 Important Reasons Why You Should Set Goals](#)
- [101 Things To Do Before You Die](#)
- [Successful Goal Achievement: ESPER](#) (7-part series)
- [How To Finish What You Start: 10 Important Tips](#)
- [Keep Your End Objective In Mind](#)
- [Is Your Goal Worth 30 Minutes of Your Time Every Day?](#)
- [How To Be A Dean's Lister](#) (3-part series)
- [Skills Development](#)
- [Leveling Up](#)
- [10,000 Hours To Develop Talent](#)
- [Quitting To Win](#)
- [Using Your Environment to Achieve Your Goals](#)
- [To Get What You Want, First Admit You Want It](#)
- [Know your WHAT first, then Devise your HOW](#)
- [Not Getting What You Want? Time To Change Your Actions](#)
- [When Goals Stop Working](#)
- [58 Noteworthy Resolutions For The New Year](#)
- [Which Area Of Your Life Do You Want To Transform This Year?](#)
- [25 Brainstorming Techniques](#)
- [13 Helping Points When Things Don't Go Your Way](#)

- [What Are You Running Away From?](#)
- [Create Real Change In Life: Address Root Cause vs. Effects](#)
- [How To Start When You Have Nothing](#)
- [Finding Your Inner Self](#)
- [You are the CEO of Your Life](#)
- [Why Perfectionism Isn't Good and How To Overcome It \(3-part series\)](#)
- [Why I Do Year End Reviews \(And 6 Important Questions To Ask Yourself in Your Review\)](#)
- [11 Important Life Lessons To Learn from Steve Jobs](#)

Cultivate Life Transforming Habits

- [Is Your Routine Empowering You?](#)
- [21 Days To Cultivate Life Transforming Habits](#)
- [21-Day Lifestyle Revamp Program](#)
- [45 Tips To Live a Healthier Life](#)
- **Waking Early:** [Why I Wake Up Early \(And 9 Reasons You Should Do So Too\)](#) | [21 Tips To Wake Up Early](#)
- **Quit Soda:** [5 Reasons To Quit Soda \(& How To Do It\)](#)
- **Posture:** [Benefits Of A Good Posture \(& 13 Tips To Do It\)](#)
- **Be TV-Free:** [10 Reasons You Should Stop Watching TV](#)
- **Being On Time:** [17 Tips To Be On Time](#)
- **Meditation:** [10 Reasons To Meditate](#) | [How To Meditate in 5 Simple Steps](#)
- **Manage Emails Effectively:** [11 Simple Tips To Effective Email Management](#)
- **Run Barefoot:** [10 Reasons You Should Start Running Barefoot](#)
- **Lose Weight:** [25 Of My Best Weight Loss Tips](#) | [How To Workout Whenever and Wherever You Want](#)
- **Facebook:** [Deleting Facebook](#) | [Life Without Facebook: Update](#) | [Returning to Facebook](#)
- **Fasting:** [My 21-Day Fasting Experiment](#) | [Fasting](#)

Maximizing Productivity

- [8 Habits of Highly Productive People](#)
- [Become the Master of Your Time](#)
- [Put First Things First](#)
- [50 Ways To Boost Your Productivity](#)
- [Why We Have Slumps And How To Get Out Of Them](#)
- [Declutter Your Home in 8 Easy-to-follow Steps](#)
- [Law of Diminishing Returns](#)
- [How To Overcome Procrastination \(5-part series\)](#)
- [Self Discipline is Overrated](#)
- [22 Useful Freeware You Will Definitely Find Handy](#)
- [The Best Productivity System There Is](#)
- [Achieve More With Less In Life Using 80/20 Principle \(3-part series\)](#)

Relationships & People Skills

- [7 Tips To Tackle Naysayers in Your Life](#)
- [You are the Average of the 5 People You Spend the Most Time With](#)
- [Why I Parted Ways With My Best Friend of 10 Years](#)
- [How To Move On From Relationships \(5-part series\)](#)
- [How To Improve Your Relationship with Your Parents \(4-part series\)](#)
- [It's Perfectly Ok To Be Single](#)
- [How To Say No To Others – The Only Guide You'll Ever Need](#)
- [How To Deal With Energy Vampires: 8 Simple Tips](#)
- [8 Helpful Ways To Deal With Critical People](#)
- [How To Deal With Dishonest People](#)
- [How To Deal With Rude People \(3-part series\)](#)
- [10 Tips To Make New Friends](#)

- [How To Have More Best Friends in Your Life: The Heartfelt Guide](#)

Emotional Mastery

- [Are You Emotionally Generous?](#)
- [55 Tips to Manage Work Stress](#)
- [How To Overcome Fear](#) (3-part series)
- [Do You Dread Growing Older?](#)
- [Materialism Breeds Unhappiness](#)
- [How To Deal With Disappointment](#) (4-part series)
- [How To Be The Most Confident Person In The World](#)

Successful Business Interview Series

1. [Salad Stop! – Healthy Meal Alternative for Modern People](#)
2. [Delcie's Desserts – Delicious, Healthy Vegan Delights](#)
3. [Udders – Artisan Ice Cream](#)
4. [Citrusox – Trendy Legwear](#)
5. [Dann's Daily Cafe – Wholesome Delights](#)
6. [Millionaire Entrepreneur Derek Sivers of CD Baby Fame](#)
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8. [Brownice – Amazing Vegan Ice Cream Like No Other](#)

Million Dollar Tip Series

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2. [Leverage on Your Current Skills](#)
3. [Address a Need](#)
4. [Scale Up Your Work](#)

Passion & Dreams

- [Passion or Money?](#)
- [Your Message and Your Medium](#)
- [The Howling Dog Story](#)
- [Pursuing Your Passion With No Money](#)
- [Overcome Fear Of Loss And Pursue Your Dreams](#)
- [Passion Paycheck](#)

Inspiration & Motivation

- [101 Most Inspiring Quotes: Vol 1 | Vol 2 | Vol 3 | Vol 4](#)
- [10 Powerful & Inspiring Graduation Speeches of All Time](#)
- [15 Beautiful Inspirational Wallpapers For Your Desktop](#)
- [15 Amazing Commercials to Inspire the Greatness in You](#)
- [25 Most Inspirational Songs of All Time](#)
- [Inspiring Movies with Important Life Lessons To Learn](#)
- [8 Personal Development Lessons To Learn From Inception](#)
- [101 Things To Do Before You Die](#)
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- [101 Important Questions To Ask Yourself in Life](#)

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