

HOW TO AVOID LOSING

by:
Maria Ofelia M. Gaita
SDO Bataan

Wondering why I opened this up? I want to be a strong person and be able to help others become one, too. Here are the things to keep in mind to avoid losing. But first, what do we mean by the word “losing” - Losing is a state of having lost, something we were deprived or defeated of, failed to keep or win. It is a woe and painful feeling when you made a great effort, a big expectation but won't succeed. Don't be so pessimistic.

There are things that happen to us not to our own liking. We cannot control everything and same goes with losing. So what do we need to do? For me, I have this mantra that, “Let go of what you cannot control and do your best with what you can”. We should accept that there are things and people that we cannot win over. Sometimes we tend to focus more on the things that we failed to keep or gain and we feel we are losers instead of seeing everything that we have accomplished and the things that losing teaches us so we can improve. It is a matter of perspective, because in the end, how we deal with anything that happens to us is what will define us. That amid losing we should still see the silver lining that everything happens for a reason and a more powerful force is leading us towards a better path.

We should always keep in mind that winning is not synonymous with success and same goes with losing as it is not equivalent to failure. Losing doesn't mean you've done something wrong. In life, losing is sometimes inevitable but what is important to remember is even if we lose what matters is we always gain wisdom.

References:

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