



01 BE PREPARED

Being **mentally prepared for failure and difficult times is critically important.** We all have expectations that things are going to go perfectly according to plan, then, once they do not, those hard moments will be more difficult than you will expect.

02 AVOID EMOTIONAL DECISIONS

It is easy to make emotional decisions immediately after something negative happens. **Doing so is often detrimental, though.** Even if it means taking five minutes to go compose yourself, it is worthwhile. **Making rational as opposed to emotional choices prevents your problems from compounding.**



03 STOP BROODING

Losing happens to everyone and getting down about it is not going to accomplish anything productive. Instead, **forward-thinking will enable you to get past the problem** and work toward a brighter future.