"On particularly rough days when I'm sure I can't possibly endure, I like to remind myself my track record for getting through bad days so far, is 100% and that's pretty good."

In a world full of unexpected natural disasters that are crippling nations, a world full of famine and disease that kills millions daily, in a world full of crimes to humanity, high gas prices, low job availability and wages, prominent nations in economic decline, and so on, it is most times hard to keep a cool head.
Life gets difficult, but one thing that we must remember is that as there are bad times, there will be good times. And though it doesn't help ease your pain much, there are probably millions of people in worse circumstances than you are in. Hold on tight to your faith, never lose sight of what is in your heart, and remember that God will never put more on you than you can bear. Sorry that this world can be so cruel, but if you just remain dedicated, remain passionate, and remain faithful, you will be blessed, hang in there!

Source: here

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