"It's just a bad day not a bad life."

In our lives there are things that may happen to us we may view as severe now, but that we will barely remember after much time has passed. Everything we go through should be put in perspective, and we must not dwell on our problems and our worries. If you have a lot going for yourself, and if you are en route to your dreams, and achieving goals that you have set for yourself, chances are, you have no time for worries.
If you want to conquer your fears, your worries, and disastrous events presented to you in life, you have to be willing to live your life as each day comes. When you do so, the worries that fill your mind will quickly shift to the past, and may not even be an afterthought in your mind.

Dont spend all of your life worrying about what happened in the past, and what might happen if you take risks, live your life the way that your heart guides you to, and do as much as you can!

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