"So keep your head high, keep your chin up, and most importantly, keep smiling, because life's a beautiful thing and there's so much to smile about for...."

Marilyn Monroe
Keeping your chin up is something that we should do in both the literal and figurative senses. So many times in our lives we get discouraged by the way that things seem to be unfolding. Life is never going to be easy at all times, and when we allow for ourselves to be discouraged we can easily get off the track of producing great results by not allowing ourselves to put in as much effort as we truthfully could.

Don't fall victim to your immediate situations in life. You must come to terms with the fact that some things in life are just completely out of your control. If life were always guaranteed to be easy, it would just as easy never be fulfilling. Run your life; don't let your circumstances run you. Try to practice staying busy because an idle mind usually leads a person to destruction. Wherever you go in your life, make sure that you go with all of your heart, choose to be more than a conqueror, never let life make you a victim.

Source: [here](http://tiest.staff.ipb.ac.id/2014/12/15/keep-head-high-keep-chin/)
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