

The Highs and Lows of Your Week

Jeff Adshead
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Hey there. How was your week? What was a high point in your last week and what was a low point in your last week? Think about that for a minute, if you please.

Did you think about it, or did you skip ahead to see what this Juice is about?

Still reading without having done the reflection? Here's some words for you silly folk:

“Nitwit! Blubber! Oddment! Tweak!” –Albus Dumbledore

What were the nature of those highs and lows of your week? Were they things that you did, or things that happened to you?

A common approach to viewing the lows in our life is to pick out negative things that happen to us, or to pick out the challenges that we face. Having a disagreement with a co-worker, getting caught in traffic, or not being able to get into a wait-listed class are all things that could qualify as a low point in someone's week. But what if we could turn the seeming low points in our daily experience into high points? A person with a winning attitude sees opportunity where others see disappointment. They act upon this new opportunity and feel pride in turning a low-point into a high-point. Winners see their life as a series of events that they manifested with their own choices (or a series of proactive reactions to uncontrollable circumstances), and not as a series of things that happened to them.

The disagreement with a co-worker could be an opportunity to turn a shallow professional relationship into a genuinely friendly relationship with greater understanding. Such a situation could lead to this stated high point: “A high point in my week was when I struggled with my co-worker over the latest project, but I initiated a calm conversation over coffee and we forged a better working partnership.”

Or what about that infuriating traffic jam? “A high point in my week was when I surprised myself by remaining calm in that traffic jam. I usually slam my wheel and fume, but this time I took the time to meditate and plan for the day. I hardly have time for reflection and peace, but that time was as good as any other and I finally figured it out. I turned a bad situation into a better one.”

Missing out on that class you were wait-listed in could even lead to the discovery of a new passion in a subject you never would've taken otherwise. No use crying over spilled milk...turn those lemons into lemonade...look at the glass as being half full...there's something about liquids and motivational talks. But I digress.

What if many of the “low points” in our week, month, year, and so on, were just high points in disguise, waiting to be unveiled by our choices? Successful people are excited about self-improvement and they learn to see disappointment as a gateway into a whole new realm of possibility. They make life happen—it doesn't happen to them.

Thinking about our week in terms of what we did, and not what happened to us, is a recipe for happiness and prosperity. Try it out this week!

Here's a related video you might enjoy. It's about a groups of guys who turned a potentially awkward conversation on a bus about chemotherapy into an authentic connection.

<https://www.youtube.com/watch?v=oEncgA9N144&feature=youtu.be&list=LLaMJCGGJ25yFdmc3rMEV2ug>

Have a great week. Scratch that—make a great week.

Take a moment to digest the message above and identify key points or ideas that resonate with you.

Thank You

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