

When You Believe You Can't Handle Too Big - Do This

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Pamela Burke

Pam: I cannot catch a break. Have you ever asked yourself that question? You're asking yourself that question recently, and you think to yourself, "No matter how much more time, how much harder I work, how much more I invest, I cannot catch a break." Then how do you feel? How do you feel about yourself?

You feel demoralized, like you're a failure. That you're not enough. What do you feel? Really, what do you feel? Then what actions do you take? What choices do you make? You feel that no matter what you do, you can't catch a break.

I have lived that, and I know what that is like, but I'm here to tell you that while it feels like you're not catching a break, that what you're going through, it matters. It does, it matters. That's the greatest lesson I could have ever gotten out of anything I've gone through, that I felt wasn't going quite my way. Here's why it matters.

One, it matters because what you're going through, I truly believe is preparing you for what's here and coming for you in the future. The key is for you not to give up, and not to believe that that future is not going to happen for you. Now, sometimes that future may not look exactly how you envisioned it, but when you get there, you'll be like, "Wow, I truly believed I couldn't get to this point."

The reason why you get to that point, not just because you won't give up, is because what you went through too, it made you stronger. Going through challenges, it makes you stronger. It makes you mentally stronger, it makes you realize what you can and cannot do.

I'd just like to tell you, I'm going to interrupt this to let you know someone just rolled over my foot. This is New York City, someone just rolled over my foot like I wasn't even here, but anyway, I will continue. Oh boy.

This is what life brings on you, right? I could have stopped this video, because it wasn't

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going to be perfect, but this is why I'm not, because that's what life brings you, right? You have those moments in your life where the unexpected happens. Who would expect it, I'm sitting here, someone's going to go take their cart and roll it over my foot?

But that's the beauty of it, you keep going. Even when it's not perfect, you keep going. Like I was saying, it matters. What you're going through matters. I am a better person, a stronger person, a more willing person to keep trying, because of what didn't work. That's the greatest part about it. You can do something with what is not working for you.

Don't believe that because you're not catching a break, that that means there are no possibilities for you. There are. There are. But what you need to do, and be certain to do, is learn from the experience that you're in. Think about where you are before, and think about where you are now. Tell me you haven't changed. Tell me you haven't learned something. I know that you did.

If you don't know that you know that you learned something, think about it. Think about where you were, and think about what you are now, where you are now. I bet you you'll find you learned something, you learned something about yourself. You realized you are stronger than you're giving yourself credit for. You are better than you're giving yourself credit for.

In those moments, when you're thinking you cannot catch a break, be mindful of who you're becoming as a result of what you're going through. It may not be always perfect, the end game may not always look like what you expected it to look like, but keep on holding on in there. Don't give up. I bet you, I bet you, your time is coming, and you'll be able to say that, "Wow, I remember when I thought I couldn't catch a break." Go out there, get it done, have a great one.