

*The challenges in your life are designed for your growth.
Sincere efforts to appreciate challenges,
creates slack or space between you and your striving in the challenge.
Its like lifting your head out of the water in a hard swim to breath fresh air.
This gives you more inner control and more power to manage your energy
especially on those "off" days and "off" moments.*

Thanks to Lindsay Wagner of Heartmath for the idea behind this "quotation".