



## Short Case Study

# Learn from circumstances

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## Abstract

*Every minute, every moment, and at every step, we come across circumstances. Circumstances which are unavoidable and unfavorable. What should we do? Shall we negate or we fight? Or else, we go neutral leaving the result on to the destiny? We need to be truly different as we will fight and face. We will consider it as an opportunity because we know the fact that these unfavorable circumstances are temporary and these are here to teach us a lesson for a better life. We will have to fight as our life is not just ours, it belongs to our Progenitors and those who love and care us like anything. Hence, we need to give a POSITIVE display and projection of ourselves so that we set an example for others to follow. We can't leave it on destiny, we need to act as Almighty says, "He helps them those who help themselves" and we must and definitely help ourselves. We have got no option, it's our life. So, we need to fight against it to taste SUCCESS and to absorb the RAYS of HAPPINESS to prove as a WINNER. Don't negate Face and Act to the circumstances that come across. Display the WINNING attitude and be a HERO.*

**Keywords:** Circumstances, positive display, help, determination, taste, success and happiness.

## Introduction

What are circumstances? These are events which are beyond our control. We can't control them but yes, we can fight from them. We can negate them. We can strive to overcome our circumstances. The situation we are at present doesn't mean that it will last forever. Whatsoever is the situation, whether we are happy or sad? We have to work hard to make it better. Our current situation may be because of what we preferred or due to failed plans or because of misfortune. But that doesn't mean we will give up or leave it on our destiny. This won't solve our problem. Then who's going to solve this. It's our inner self. We have to stand for ourselves. Nobody can understand us better than ourselves. Our future depends on our present. Because our current situation is a hint of how our future will be. But how can we be sure that our future is going to be affected by our present. Let's consider an example- suppose your exams are approaching and you don't study. Then it's very obvious that you don't secure good marks. But if you study then you get good marks. So, here we see- at present we are not studying therefore, our result in future is affected.

This is the universal fact that the seed that we will sow today is going to give us the fruit in the future. But is this only the thing which makes us happy? I will tell you what matters in order to make our future happy.

*No matter your position, circumstances or opportunities in life, you always have the freedom of mind to choose how you experience, interpret and ultimately shape your world<sup>1</sup>.* – Brendon Burchard.

## Method

We are what we think about ourselves. If you think you are weak, the weaker you will be and if you think you are strong, the stronger you will be. Once you think you are weak and you don't have enough capability to do something, then you will never accomplish that particular task. You will start running away. Instead of finding your grey areas and improving them, you will try to escape. And this will lower your self confidence making you weaker. But if you think that you are able to solve your problems and choose to fight, you will find that you have grown into a stronger person than before. Because now you know your grey areas and have improved them. Now you know how to overcome them. We should never underestimate our inner spirit. Just for once trust your inner spirit and have faith on your potential, you will discover how strong you are. You will know your inner strength. Just because we are surrounded by problems, doesn't mean we are feeble. Instead of finding ways to ignore them, we should find ways to overcome them and negate them.

*You can measure your worth by your dedication to your path, not by success or failure<sup>2</sup>.* – Elizabeth Gilbert.

The only difference in your success and failure is your dedication and determination as Elizabeth Gilbert herself wrote in her book *Big Magic* that you can measure your value by your dedication not by winning or losing. Don't think that if you are failed then this is the end, this is actually a beginning a lesson for another new task. Do believe in yourself that one day for sure you will reach your destination.

Take an example of a patient. If the patient thinks he will one day for sure get well-then the patient will recover very soon. But if the patient thinks he won't recover- no medicine can ever cure him. It hardly matters how big the problem is or how tough the situation is. What matters, is what you think about yourself. A strong person will always negate his problem; he will never choose to give up. Because he knows that these circumstances are not forever, these circumstances will end if he faces them.

*Life isn't about finding the answers its about asking the questions<sup>3</sup>.* – Brian Grazer

It is very much necessary for us to ask questions to ourselves that what we are doing? Where we are going? What are those plans that will help reach our destination? In order to achieve our desired destination we need a plan. We need to make strategies for achieving our goal. We need to work according to those strategies. If you have an aim but you don't know how to achieve your aim, will you ever achieve it? When you don't have a proper plan then people control your present and your coming future. They control your present and shape your future according to their desire. Now you will say how anyone can control somebody's future. I will tell you. If you are living your life without thinking about your future and without making any strategies for your future, then it's quite similar to a chariot running without charioteer. Consider a chariot. You are sitting in it but you don't control horses of your chariot, then do you think you will reach to your desired destination. NO. You will reach somewhere but that place won't be 'the place' you wanted to be. Similarly, when you don't control your future, someone else will do that. Thus, you won't achieve what you have desired. Because no one knows you and your wishes. Only we know what we want-so only we should shape our future. When you don't have a plan then you are giving key of your happiness into the hands of other people. And they will use it according to their wishes without knowing yours. Have you ever watched television without remote? Suppose you are watching television without any remote and that television doesn't have control buttons. You want to see any particular show on a particular channel. Now will you be able to see that particular show. NO you won't be. Because now you are bound to see what the television is showing without caring about your choice. During this phase you get annoyed and you get disturbed and irritated.

*May you find grace to endure every circumstances<sup>4</sup>.*– Lailah Gifty Akita.

So, if we are letting someone control our future- we will never be happy. Because things aren't going according to our wish. In this situation, neither we are happy nor do we make our surroundings happy. We get into trouble and we then give up. Thus, making ourselves weak. Always remember nobody can make us feel inferior without our own consent. We are somewhere giving our consent to other people for getting ourselves trapped in unfavorable circumstances. One should always have faith in themselves and should always negate to problems. Remember, no one is going to pull you out of

circumstances. . So we must have faith in ourselves and should make plans for our future.

*There is good all around us, but we get so used to it that we forget to celebrate it. The bad and unfortunate circumstances in our lives do not deserve all of our attention and energy. Remember to look for the good and to give that your full time and attention. It makes all the difference<sup>5</sup>.* – Lindsey Reitzsch.

Joy and sorrows are a part of life if one goes another comes. Nothing lasts forever. But the thing is we should not lose hope in sorrows and should not forget to celebrate joy as well.

In addition to this, we must avoid those mistakes that we did till yet. We should always learn from our mistakes. Instead of repeating our mistakes we must learn so that in future we don't repeat them. Once we learn from our mistakes we will always take right steps. Why do we commit mistake? We commit mistakes because we don't have idea about how things work. But if we learned from mistakes then we are now having a clear idea about how things are working. Those who repeat their mistakes again and again are not taking learning from their failures. When we fail then instead of crying or playing blame game, we should focus on our aim once again. But this time we need to keep in mind about our failure. Suppose if a student is getting poor marks in his subject and if the student is not working on his grey areas, then will he ever score good marks. For scoring good marks the student has to learn from what he did wrong and should improve himself. Unless he doesn't works on his weakness he won't be able to have good marks.

*How can we expect people to put value on our work when we don't value ourselves enough to set and hold uncomfortable boundaries<sup>6</sup>.* – Brene Brown.

Do you need somebody to pick you up when you fall down? Do you need somebody whom you can trust? That somebody is none other than YOU. Nobody else is going to pull you up. People will not help you instead they will laugh, discourage and will do whatever makes us feel demoralized. But the only thing is we must believe in ourselves and choose the right path.

We must keep in mind the step we took wrong and should take the right one. Once we correct ourselves- nobody can stop us from making our future bright and full of happiness. Failures tell that somehow we lacked somewhere. It should be taken as an encouragement to move forward with more determination and strength. When we learn from failures then our circumstances has to end and our future has to be happy.

*You can't find the answer; it is often because you are not asking the correct questions<sup>7</sup>.* – Bernard Roth.

After we overcome successfully from our circumstances, should we just sit and relax. Or should we work again with full confidence and determination to make our future happier? Once

you sit back it doesn't mean you won't face any unfavorable situation in your nearby future. We will face them again because ups and downs are part of life. Instead of relaxing we should be ready to face any unfavorable situation. Make your inner self strong. Because nobody is going to fight for you. Only you have to fight for our own. Only you will have to work for your desire. Instead of ignoring them we should embrace our circumstances. If you have inner strength, then these entire unfavorable situations will end in no time.

*Is your dream bigger than your rejections? If it is, may be its time to keep going, instead of giving up<sup>8</sup>.* – Jia Jiang.

We can't always change what happens to us but we can change everything by our reaction to what happens to us. For example, you get a call in the morning, you could think well the day is going to be distressing, on the other hand you could think well it was unpleasant but I can make my day up from here only. The thing remains the same. Important is how we think about such circumstances. Our perception about those situations means a lot. It changes the whole scenario. Suppose you opt to do something and you failed in your attempt. Now your perception here in this situation will turn everything as firstly you could think this is your failure and you give up and start devaluing yourself.

Secondly you could think that this is not your failure but this is a trial wherein there is nothing like winning or losing. This is all about LEARNING!!!!!!!

## Case Study

I met a girl in October 2017 i.e., almost 1.5 months ago studying in B.E. 5<sup>th</sup> Semester with Computer Science as stream during my training session at BTIRT College, Sagar (Madhya Pradesh). I found that she was facing deplorable conditions in her life and gave up everything. Because of few bad chapters of her life she was on a dreadful condition. She was on the verge of losing everything. I started spending time with her. I gave 1-2 hours daily asking her hobbies and the work she enjoys doing in her free time. I showed her some motivational videos. I used to tell her the stories of people who have negated the circumstances of life and have fought with them. I gave her my book *Circumstances Grew Him Up* to read. After having my book read. I found so many changes in her. In-between the group discussion session of my training I found that she was coming up with logical points which signify that her thought process is so good. I found her to be determined and gave her the opportunity to deliver talk along with me at Eternal University, Baru Sahib, Himachal Pradesh. When she came to know about the talk she was damn nervous because she has never ever done this before. I made her prepared for the talk. Motivated her at my best, which inspired her a lot. I felt this is the only circumstance which can pull her forward. This was the fight between herself and the circumstance. She delivered the talk and wanted to be proud of those who trust her. She gave her best by

putting her full efforts and I think she did it splendidly. After she delivered the talk she got so many compliments. Everyone was shocked after knowing that she actually delivered the talk. After this, I thought to make her my upcoming speaker. And today she is the official speaker of my Endeavour and she is also co-author in this research paper.

In whichever situation you are, just don't give up. Live with a hope that one day you will win over each and every obstructions of your life. As we all do while hitting on the target by arrow. What happens? If first attempt fails what we do? We again try to hit, we try until we are somehow near to the target and keep hitting until we reach it. Every person in this world faces struggles and such circumstances where they are not able to understand what to do. Where to go.

Your one thought of determination can make you different in this different world.

Your one thought of not losing your hope can make you reach your destination.

Your one thought that you are unique and different in this world can only bring a HUGE DIFFERENCE!!!!!!

Someone has said that we should never stop learning because life never stops teaching. Life always present us numerous challenges and struggles. It also presents us with dreadful surprises that we are not expecting. It is very easy to reach your goal when no any obstructions are there in your path but it seems difficult when the roads are quite hard to walk on.

*We are all born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness<sup>9</sup>.* – A. P. J. Abdul Kalam.

The wings of determination and hope can only help you to fly through the harsh situations of your life. We all are filled with fire the need is to identify that fire and utilize it in a positive way.

We must figure out our interest, we should know what our future should look like. Only we should make plans for our future and should not let anyone else to control our future. Failures should not be blamed but they should be considered as a lesson. And the most important is- NEVER SURRENDER in front of your circumstances. No matter how bitter the situation is. Nothing lasts forever. These tough situations have to end. But they will end when we strive hard. We have to decide in what way we are going to end them. Circumstances don't come to make us feeble. They come to make us better than what we were earlier. Those who never give up are the real heroes. So every person fighting with their circumstances- are real heroes.

*Give your 100% without bothering for results, you fail or win that's not that important. What is important is that you don't*

give up if you fail. As those who don't give up are the super winners<sup>10</sup>. – Satish B3Anand.

### **Persuasive summary: Learn from circumstances**

**Introduction:** You need to be strong enough; you need to be brave enough to fight with the circumstances of your life. Because if you failed to do so you will not be the real you.

**Thesis:** In this summary I will mark that persuasive focal point which will work out and definitely help you out to fight with every worst situation of your life.

**Persuasive focal point 1 – Love to learn:** Do remember there is nothing like losing or winning, if you win then definitely you succeed, but if you won't, you learn. So by hook or crook learning happen and it should sustain because if you stop, you lose right there.

**Persuasive focal point 2 – Be unique:** Almighty has gifted unique characteristics and talent to each one of us. The thing is that we need to identify and polish it and for this you need a context setting and planning to have a better control over your future otherwise without planning you will let the world command you and if you do that then your future is set by other people.

**Persuasive focal point 3 – Stand tall:** Staying positive in every negative situation are the only attributes which won't drag you down. It's you who give up. It's you who consider you a loser. Circumstances are stagnant. They wait for a unique you to come, stand tall, face strongly, and hug them so that circumstances turn unique you into a real hero. So stay positive.

### **Conclusion**

Circumstances will define you. It will give you whatever you desire. It will be your true mentor. It will be harsh and hard on you but glad from inside as it wishes you to be a winner. There are many dreams, many ideas, wishes, desires waiting for you to

give them a shape so that they can live their life and add value to your life to make things fall in place beautifully. Don't let your ideas, dreams to die with you and don't let circumstances to snatch your attitude, dreams, and ideas. Just stay tall and strong with arms widely opened to arm these circumstances and hug them tightly and say thank you with a smile whispering in its ear.

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