



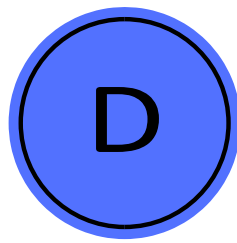
Karshini Tyagarajan

PGDM No. 18014

Negative Experiences Often Lead To Beautiful Destinations

Batch:

2018-2020



DIMENSIONS

THE LIMITLESS

Life is always unpredictable with its own twist and turns. But it is as beautiful as a flowing river and without these twists and turns, its journey cannot be smooth and beautiful. Often life throws us many adversities. These adversities are often to shake our faith and confidence. It is the acceptance of these negative experiences that often gives us the positive experiences and ultimately leads to beautiful destinations.

Today's youngsters are often prone to mental stress, depression, anxiety and insecurities. From their relationships to career, they are often faced with hard times which leave them with an impression that life is being unfair to them. We often fail to do a reality check at the human conditions, including the unexpected and unpredictable circumstances and our lack of control over much of what happens. Instead of fighting the circumstances using mental energy, we must be self-compassionate and kind to ourselves. We keep brooding about a problem day and night and significant credits for our unhappiness goes to the Social Media applications. We end up setting parameters in every aspect of our lives in comparison to others' lives which is the root cause of expectations and these expectations end up leaving us dejected, unsatisfied and unhappy.

We realize the importance of these negative experiences only when it unveils its true purpose towards the end of the bad phase and most significantly turns out to be a blessing in disguise leading us to many new opportunities and a whole transformed version of ourselves.

Therefore, it is always essential for us to make peace with the adversities and in the process work on ourselves to evolve as a confident individual to witness the light at the end of the dark tunnel.

As rightly quoted by William Arthur Ward –

“Adversity causes some men to break; others to break records”