



The Personal Coach BULLETIN

balance through partnership

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COACHING POINT

THE MASTERY OF HARDSHIPS

You have heard me quote Scott Peck who said in his monumental book; "The Road Less Traveled," that life was difficult and that when we come to accept that life is difficult, it no longer seems so! For some who like to think that life should be a bowl of cherries, that one should walk around with a happy face on all the time, this concept is probably just too much to bear!

It is a bit of a paradox but true happiness, as in intrinsic, in fact is a resulting **symptom** of a life well spent in solving problems and overcoming hardships.



In other words happiness is not, nor should it be a destination but rather comes about as a natural consequence of having mastered hardships.

Think back, can you recall a time probably not all that long ago that after experiencing considerable hardship necessitating taking control and solving a complex problem to reduce or eliminate your pain or anxiety, you felt an incredible sense of relief? There was a feeling of

accomplishment, in fact a great deal of satisfaction, perhaps happiness at having solved a problem that had been plaguing you for some time. The kind of happiness that often results from overcoming hardships in your life is in fact intrinsic, or comes from within and compared to the other kind, is more long lasting in its nature. I would say that it comes from the same source that we find our intrinsic motivation. Hmmm, a topic for another bulletin!?

Happiness that comes from an external source, although perhaps at least immediate and pleasurable to experience is neither as long lasting nor as satisfying or reinforcing to ones sense of self-worth. The greater our sense of self-worth, the greater our strength to endure.

We know that to willingly confront problems is painful and generally people would rather postpone or just simply ignore the problem, hoping it would just disappear if one just waits it out. From time to time we have all experienced this attitude toward life's hardships and have learned that this approach seldom if ever works, the problems and hardships remain. In fact if neglected for too long just become increasingly more painful and difficult to resolve.

The answer is to bite down on the bullet and lean into the pain and discomfort, resolving to solve the problem by cultivating a **disciplined** approach to living. Discipline consists of being able to effectively utilize four tools: delaying gratification, accepting responsibility, being truthful and keeping your-self in balance (*Scott Peck*). As a Life & Business Coach I make a point of incorporating and teaching these principles in all of my coaching relationships. Would you be interested in learning how to use these tools in your personal and professional life?

James Ladd

Your Personal Coach



James Ladd, Coach

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