

HOW TO DEAL WITH DISAPPOINTMENT

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3 Reasons Why Disappointment is Good

*This is **part 1** of my 4-part series on how to deal with disappointment*



*Why Disappointment
is Good*

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“One’s best success comes after their greatest disappointments.” — Henry Ward Beecher

Have you ever felt disappointed about something?

It could be any event in your life. Perhaps you were passed up for a job promotion. Maybe you lost a business deal. Maybe someone you like did not return your feelings. Maybe your relationship **did not work out**. Maybe a friend **betrayed you**. Maybe you suffered a business failure.

How did it feel? Did you feel numb? Did you feel dejected? For the really bad cases, did you feel like it was the end of the world?

Disappointment is **a feeling of sadness when something falls short of your expectation**. Every day, people deal with disappointment. Depending on how big the disappointment is and how you deal with it, this feeling may disappear after a short while, or hang over your life for a long period of time. If not dealt with properly, disappointments can lead to depression, and eventually apathy.

Why Disappointments Are Good

Contrary to what some may think, disappointment is a good thing, for 3 main reasons.

1. Disappointment means passion for something

Every cause has an effect. Think of disappointment as an effect, where the cause is your love for the thing in question.

For example,

- You are disappointed in a friend, because you care a lot about the friendship.
- You are disappointed in your recent dates, because you are passionate about finding the one for you.
- You are disappointed in your business failure, because you really want to see it succeed. Because you care deeply about the mission of your work.

As the saying goes, “There can be no deep disappointment where there is not deep love” (Martin Luther King Jr.). This deep love is what drives you toward your goals.

Know that disappointment is a **better emotional state than apathy**. When someone is apathetic, they feel indifferent about everything. This is no different from being a robot. But here, you recognize your emotions and you feel them — be it good or bad. This is a good thing, because to feel is to be in touch with your inner self.

2. Disappointment means an opportunity for growth

Every time we feel disappointed, it means there is an error in our framework of reality.

Why do I say that? Let's start with why you feel disappointed. You feel disappointed because you had an expectation and it was not met. Hence, you feel disappointment.

It could be from not winning a competition that you trained heavily in. Or investing in a friendship, where the friend did not reciprocate your effort. Or putting yourself on the line for your job, but getting laid off as your boss did not appreciate you. Each time, you had an expectation that was not met, and when confronted with the truth, you became disappointed.

Here, your disappointment comes from the mismatch between reality and your expectation. Yet, the reality has been this way all along — reality did not change in that one second leading to your discovery of the truth. The world did not conspire to bring you down. The reason you feel disappointed is because you *discovered* the truth — and this truth is not what you thought it would be.

So, think of your disappointment as a troubleshooting tool to understand the gaps in your mental framework of reality. By using disappointment to understand more about the world and correct your assumptions, you become more knowledgeable and wiser. You can also correct your actions to better achieve your goals.

3. Disappointment makes you stronger

Last but not least, this may seem cliché, but disappointment makes you stronger. When you go through a harsh emotion like that, you become tougher. You learn to process and work through your emotions. You become more resilient to life's hardships.

In the next part, we examine 3 destructive approaches that people use when faced with disappointments, and why you should not adopt them. Read Part 2: [Are You Letting Your Disappointments Destroy You?](#)

This article is first published at:

<https://personalexcellence.co/blog/disappointment/>

Are You Letting Your Disappointments Destroy You?

*This is **part 2** of my 4-part series on how to deal with disappointment*



How do you normally deal with disappointment? Do you block them out of your life? Do you sleep them off and hope that you will feel

better when you wake up?

How You Should NOT Deal with Disappointment

Many people are caught like fish out of water when they face disappointment. Because they are not taught to properly deal with disappointment in school or in life, they deal with it in a destructive way instead. Do you deal with disappointments with any of these methods?

1. Numb yourself with other activities

The first negative way is to **drown out your disappointment with random activities**. Party, eat, sleep, go shopping, or play games. For some people, they turn to sex, alcohol, or even drugs. The goal here is to dive into random, mindless activities, to avoid being alone with disappointment.

While it's okay to play games or sleep to shake off negative feelings, the problem comes when you use them excessively to deal with unhappiness, rather than face the problem head on.

Rebound relationships work on the same basis. The person tries to get over their previous partner by jumping into a new relationship, to avoid dealing with the pain of breakup.

While distracting yourself with other activities make you feel happy in the short run, **they do not resolve the issue**. Soon, you face another situation which leads to disappointment again. Instead of resolving the problem, you turn to more distractions. This results in a downward spiral.

2. Deny your goals

The second way is to **block out your goals, pretending they don't exist**. On the outside, you pretend you don't care. But deep down, you do care. You condition yourself not to set any expectation, since disappointment will not happen when there are no expectations.

For example, people who have been **scarred by negative relationships** tend to develop barriers to love. On the outside, they appear aloof and uninterested in love. On the inside though, they long to find their special someone. Because they fear getting hurt, they deny their desire for a relationship and refuse to let others into their lives. This denial catches up with them down the road and creates a backlash effect. Have you met such people before? They look like they don't care, but on the inside, they do care. As they block out their desires, they become more miserable in the long run instead.

3. Give up on your goals

The third way is to **give up on your goals**. This is perhaps the worst of all 3 methods. While you long for your goals, you resign yourself to a fate that you will never reach them. You self-depreciate, devaluing your worth and **thinking that you are not meant to achieve anything**. You spend each day trying to convince yourself and others around you that you cannot achieve your goals, when they are fully within your reach.

What Happens When You Deal With Disappointments Destructively

If you have dealt with disappointments in the above manner, you are not properly dealing with them.

In **part 1**, I shared that one of the reasons why disappointment is good is because it represents **passion for a cause**. The greater your disappointment, the stronger your passion.

Whenever you try to drown out your disappointment, deny your goals, or even give up on them, you are **rejecting who you are on the inside**. You are denying your goals, your desires, your dreams, your vision, your real self – everything. These desires came about for a reason — and the reason is not for them to be denied. To quote Esther and Jerry Hicks from the book *Ask And It Is Given*, “If you have the ability to imagine it, or even to think about it, this Universe has the ability and the resources to deliver it fully unto you.”

When you deny your goals, you **hollow yourself from inside out**. You can try to pretend that everything is fine and lead your everyday life, but you cannot fool your subconsciousness. Every day, living feels like an empty act. Over time, you find yourself sinking from a state of disappointment to apathy. You live every day in a zombie-like manner, with no passion or zest. You become shriveled up on the inside: everything seems barren and empty.

The good news is, it doesn't have to be this way. **You are not alone in your disappointment**. Everyone has faced disappointment at some point — your friends, family, teachers, managers, co-workers, and bosses. I have faced disappointments before as well, be it in love, health, relationships, or work.

Disappointment is not something exclusive to you. Even though disappointment is an emotion triggered without your conscious control, you can deal with it in a conscious manner. As long as you learn to address your disappointments properly and pick up from

here, you can lead your life the way it is meant to be led — **in alignment with your true passion and desires.**

In the next part, I will share how to deal with disappointments constructively. Read Part 3: [How to Deal With Disappointment in Life](#)

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How to Deal with Disappointment: The Complete Guide

*This is **part 3** of my 4-part series on how to deal
with disappointment*



How to Deal with Disappointment:

The Complete Guide

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"What doesn't kill us makes us stronger." — Friedrich Nietzsche

In **part 1**, I shared 3 reasons why disappointment is good. In **part 2**, I talked about 3 destructive methods of dealing with disappointment which you should avoid. In this part, I share how to deal with disappointments in a constructive manner.

How to Deal with Disappointment: The Complete Guide

Step 1: Put yourself in a better mental state

Whenever you experience disappointment, you are pulled down to a lower state of consciousness, where your thoughts are predominantly rooted in fear, sadness, grief, or apathy. There may be times when the feeling of disappointment is so overwhelming that it feels like the end of the world.

Being trapped in such a state prevents you from thinking logically. Your first step should be to **bring your consciousness up** to a more neutral or positive level such as desire, neutrality, willingness, or reason, so that you are in a better position to react to your situation. *(For more on levels of consciousness, read: [Map of Consciousness](#))*

Look for **positive activities to recharge yourself**. What activities do you most enjoy doing in your life? Identify them. It can be writing in your personal journal, walking in the park, watching a happy movie, playing games, or talking to positive friends. If reading your favorite book uplifts you, then pick up the book and start reading it. If

taking a stroll along your neighborhood makes you feel relax, then get out of your house and enjoy the breeze outside. If playing games makes you happier, go ahead and play them (but not in an excessive way). Do whatever makes you feel better. Sometimes, simply spending time alone may be the best way to clear your mental clutter and regain personal energy.

For me, I find that a combination of activities including alone time, **talking with my good friends**, and watching my favorite shows uplift me considerably. In times when I feel really down, I prefer to spend time by myself. This alone time lets me sort out the thoughts in my mind, think without interference, and gain clarity on what to do in my situation. Talking with my friends, on the other hand, helps me learn other perspectives which I may not be aware of.

Step 2: Attach yourself to your desire, not your goal

When you are disappointed, your source of disappointment is rooted in **your attachment to a certain outcome**. When the outcome does not happen the way you envisioned, you become disappointed. This is a perfectly natural response.

However, understand that your goal is a **reflection of an underlying desire**. It is merely *one* of the many ways to fulfill your desire.

Let's say you went for an interview with Company A. You love the job scope, the benefits are great, and you have heard great things about the place. You see a career at Company A as your dream career. However, you are passed over for another candidate whom they deem a better fit for the role. Company A happens to have a policy of only accepting job applications from the same person every

2 years. There is no way you can apply until 2 years later. What should you do then?

Step #2 to deal with disappointment is to focus on your underlying desire for your goal, not the goal itself. Start off by recognizing that a job in Company A is just a projection of your inner desire. This inner desire may be to get a job that is highly challenging, in a dynamic working environment. If so, there are many ways you can do that, such as working at Company G, Company H, or even setting up your own business. Working at Company A is just one of the many ways to achieve that.

So here,

- **Your goal** is to get a job at Company A.
- **Your inner desire** is to get a career that challenges you in a dynamic working environment.
- Your goal to work at Company A is merely an external projection of your inner desire to grow and challenge yourself to the fullest. There are many other ways to fulfill this desire. Even though the road to work at Company A is closed (for now), **you can create other paths to realize your desire — that are perhaps even better than the original path.**

A common example when people get attached to an external projection is in relationships. For example, you like person A. You want to be with him/her, but person A does not reciprocate your feelings. While you may feel disappointed, stop and think — What is your underlying intent? It is to be in **a loving, authentic relationship with someone**. Person A is just one of the many people in this world you can fall in love with. He/She is not going to be only person you are capable of loving; there are many people out there who can

be compatible with you. Instead of tying all your expectations to this one person, connect with the underlying desire to be in an authentic relationship.

Ask yourself this question: **What is your underlying desire driving your goal/expectation?** Understand what it is and write it down.

Say you are at point A and you want to move to point B. What is your underlying desire to go to point B? When you connect yourself with this desire, you will realize that point B is just one of the many destinations you can go. There are many other possible destinations, such as point C, D, E, all the way to Z. And then there's point A-1, A-2, A-3, etc. where you can fulfill your desire just as well, if not better. Focus on your underlying desire, not your external projection, which is only one way of fulfilling your desire.

Step 3: Release yourself of your mental illusion

The next step to deal with disappointment is to **release yourself of your illusion of what reality should be**. Many people remain disappointed because they are hung up over what reality should be. If you are disappointed about something, that means you harbor a certain perception on what it should be. This perception is not the truth — it is simply your lens with which you see the world.

Example: Say you thought that you should get an 'A' after studying for a paper. But you didn't. So you feel disappointed. Here, your perception that studying hard = automatically getting an 'A' is false. There are many ways to study. Perhaps you did not study the right way. Perhaps you studied for the wrong chapters. Perhaps you studied without understanding the subject.

In your mind, you continue to hang on to the perception that you

should have gotten an 'A'. But this is an illusion. It is not the reality. By attaching yourself to this thought, this illusion, it's causing you anguish. It also prevents you from moving on. As long as you are trapped in it, you can't get to where you want to go. Dealing with disappointment requires you to let go of your mental illusions and expectations.

When you are disappointed, ask yourself: **"What am I getting hung up over?"**

What false perceptions am I clinging on to? What am I expecting from reality that I'm not getting?" Seek out these illusions, one by one. Question how and when you developed these illusions. Become aware of them and release them. These illusions are giving you an inaccurate view of reality. They are preventing you from constructively acting on your situation and living your life the way you should.

If we look at the relationship example in Step #2, you are disappointed because you want to be with person A. You feel that you have lost what could have been a great relationship. However, that is just an illusion that you are playing in your head. If person A does not want to be with you for whatever reasons, he/she is not the person who can meet your desire for a loving relationship. He/she is not the person who can give you what you desire. Your belief that he/she is the one is an illusion you need to release yourself of.

Step 4: Understand the outcome is not a setback

In part 1 on **3 Reasons Why Disappointment Is Good**, I shared that one of the reasons why disappointment is good is because it represents an opportunity for growth. Many people get disappointed

with something because they view it as a setback. They feel like they have taken a step back from what they want to be.

Building on the studying example above, say you did a lot of prep work for your exams. You had the belief that these actions would result in top results. But instead of achieving that outcome, you fell short of your expectation.

While you may feel disappointed, this experience is showing you that there is an error in your thinking. What you originally thought was sufficient to achieve your goal isn't. Instead, you may need to increase your input and/or change your approach to get the results you want. **Your disappointment is helping you move toward your goals**, not away from your goals as you originally thought.

Your experience has allowed you to **gain new lessons**, whether about yourself, the situation, or the world. You have gained something which nobody else is privy to. How can an outcome be a setback if it gave you something to learn? As the opening quote says, "What doesn't kill us makes us stronger." With this lesson, you walk away from this experience **a better person**. You become **a stronger individual**. You reach **a new state of awareness, consciousness, and growth which you have never had before**.

Step 5: Focus on doing the best you can

Finally, do the best you can. Many of us tend to beat ourselves up when things go wrong. We blame ourselves for everything that goes wrong.

Stop doing that. There is no reason to self-blame when things go wrong. There is also no reason to expect that everything will go perfectly. If anything, it's natural for things to go wrong. By the

natural order of things, there will always be a percentage of things that go well, a percentage of things that go "okay," and a percentage of things that go terribly wrong. But we always focus on the few things that go wrong, rather than the things that go well. This makes negative experiences worse than they really are because we play them over and over in our heads — when they are simply natural occurrences in the universe.

For the things that have gone wrong, do what you can to learn from the experience. Pick up the pieces. And then focus on doing the best you can. Because the ability to learn, move on, and try again using a different approach is the key to success. Check out my posts on breaking out of negativity:

- [How to Deal With Moments of Negative Self-Worth \[PEP005\]](#)
- [10 Timeless Principles to be Happy](#)

Moving Forward

Dealing with disappointment is definitely not an easy task. But if you work hard on the steps above, they will pull you out of the void you are in. As you start living past your disappointments, **focus on living in alignment with your desires**, instead of being fixated on your goals. **Continue to have goals**. Let them **drive you forward**. But don't attach yourself to these goals. Because when you do that, you fall into the trap of associating your existence with them. This is not sustainable because your goals are just external outcomes, and these are impermanent.

"Life is not just about reaching the goals; it's about living it to the fullest." In every situation you are in, choose the action which lets you **live in alignment with your inner desire the most, within**

your abilities, within your situational context. As long as you are doing that, there is **no reason why you should feel bad**, because you have done all that you can. I wrote about this in **Living in Alignment with Your Purpose** in the context of living your life purpose.

When you start doing that, you will find that you are able to live consciously and freely instead of subjecting yourself to external outcomes. You are able to constructively channel into your inner desires to live the life you want.

In the last part, I will share my story on how I overcame a period of disappointment in my life. Read: **Part 4: My Experience with Disappointment and How I Overcame It**

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My Experience with Disappointment and How I Overcame It

*This is the **last part** of my 4-part series on how to deal with disappointment*



(Image: Geir Yngve Tro)

Whenever I write my articles, I draw inspiration from the events that are unfolding in my life. This one is no different. Here, I will be sharing a past experience with disappointment which led to my lessons in **this disappointment series**. My purpose of sharing this is for you to benefit from my experience. As you read, see if you can draw any parallels between what I went through and what you are going through now.

(My story below was written in January 2009, one month after I started Personal Excellence.)

Beginning of a Journey: Hopes and Expectations

In Oct 2008, I left my full-time job to pursue my passion to help

others grow.

Before I quit, I had a clear vision of my end goal. I decided that I wanted to start a **personal development business**, and this would involve using different mediums to reach out to others, such as being a coach, blogger, and speaker. This site would be the first step in my plans.

I gave myself a 6-month period to focus on pursuing my purpose (where I would live off my savings), and see where it would take me. Depending on how things go at the end of the 6 months, I would either continue to pursue it full time, or return to corporate (for a few more years) and pursue my purpose at the side.

In my mind though, I was secretly hoping that everything would work out and I could do this full time.

A State of Happiness and Fulfillment

Life pursuing my purpose was **phenomenal**. For the first time, I could dedicate my full attention to my goals and dreams without conflicting demands from my day job.

Just imagine waking up every morning and **doing anything you like**. I've always been enthusiastic about life, but after leaving my day job to start my business, I was literally bouncing around every day in exuberance. :D My friends can attest to this! In **my purpose series**, I repeatedly mention how passionate I am about my purpose and how much it drives me. The feeling is incredible, unlike anything I have felt before.

Conflicting Demands of Reality

However, after a few weeks of working on my goal, I realized that 6 months was not going to be enough for things to take off. For starters, I would need to establish a high level of awareness for my business. I would also need to build credibility and expertise for my skills as a coach and trainer.

By simply being 24 years old, people would naturally cast doubt on my ability, even though I have the skills to give value to others.

Awareness, credibility, and expertise take time to build, and 6 months is not a reasonable time frame. In fact, 2 months had passed while I was working on my plans, before launching my business in Dec 2008. Studies have shown that it takes at least 18 months before a blog fully takes off. This lead time doesn't factor in the ability to make a living from your blog.

In the meantime, I had other issues to deal with. For example, **financial limitation**. While I could live each day frugally, I was limited in many decisions and they were all **tied to money**.

- When my friends suggested taking a holiday trip, I opted out due to the cost.
- Whenever I went out, I would be conscious of how I spent my money.
- I started reducing / cutting out all expenses where possible, such as on clothes, more costly dining choices, transportation (I started religiously taking the public transport vs. cab), entertainment (movies, social activities that cost money), etc. I also noticed that I would unconsciously flinch whenever money was involved.

This was a stark contrast from my usual self when working in corporate. I was by no means a spendthrift, but I never allowed myself to be held back by money. That's because I always feel that

money should be a means, not an end, and I don't like money to hinder me in my decision making, especially with regards to protecting my needs and well-being.

There is also my family. **I need to support my family.** Here in Singapore, it is common to give a monthly allowance to your parents after you start working. After leaving my job, I stopped giving them money — this was meant to be temporary until I started earning money. By the way, I come from a low-income family — my pay in my previous job was more than double the combined pay of my parents. Quitting my job meant cutting off a key income source in the household. While my parents were supportive of my decision to quit, it was always in my plans to reinstate some level of my income within 6 months of quitting, one way or another.

The money issues did not end there. As part of my plans to be a coach, I researched on taking a formal coaching course to solidify my coaching skills. After checking the courses available, they cost at least four grand and above. Considering I'm not earning anything, this is a sizable sum of money. I wasn't sure about investing so much in a course I didn't know much about, and whether it would have any effect on my new career.

All in all, **my key issues seemed to revolve around money.**

Contemplation, and Decision

In November 2008, I laid out all my options and narrowed them to two:

1. Return to corporate at the end of the 6 months and run my personal development business at the side, until it is established

1. enough to be run full time.
2. Focus fully on running my personal development business, with the faith that I would start earning sufficient money within two years (I would be out of savings by then).

I assessed the two options.

Option 1 seemed **more realistic and logical**. With this, I would no longer be bound by monetary constraints. But if I return to the workforce, I would not have as much time for my blog and coaching. The nature of my corporate work is highly demanding and time consuming; in the past I was constantly traveling and spending late nights, sometimes weekends, working. I would likely be miserable if I return to corporate.

Option 2, on the other hand, is **emotionally rewarding** since I would continue to pursue my purpose full time. However, it would be **financially risky**. Not only would I still be facing the same financial limitations, but I would be banking my life on the success of my business within a certain time frame. *What if I can't earn money after a year? What if it takes longer than a year for things to fully take off?* I would be scrambling to secure my basic needs then.

When I looked within for answers, the idealist in me screamed to go for Option 2.

Just throw everything you got and everything will turn out fine! This is what you truly want and it's what makes you the happiest!

My logical side advised me that Option 1 was the better choice. *If you want to help people grow, you need to secure your needs first. How can you be of service otherwise?*

It tore me apart, to have the decision essentially boil down to between these two things: purpose or money.

For money to be *the* single pressing concern as I pursued my purpose — it was a bitter irony. Instead of focusing on living my purpose and letting the money flow in in its own time and space, I felt pressurized to identify ways to earn money through it. By tying a monetary value to my purpose, I felt like I was making a travesty out of it. I hated being caught in a situation where I had to keep thinking about money, when I was pursuing something much higher in value than that. I felt really frustrated.

Eventually, I asked myself the deal-breaker question: **"Which option would ensure the long-term success of my pursuit? Which option would guarantee that I would successfully pursue my purpose in the long run?"** When I thought about it in this manner, it is clear that Option 1 is the winner.

A State of Deep Disappointment

When I came to the realization, a feeling of emptiness overcame me. When I quit my job, I was sincerely hoping to run ahead with my purpose forever. Instead, now I would have to return to a corporate career I'm no longer passionate about. I felt like I had dropped all the way down to deep, dark pit, and I was alone inside.

While I had no doubt that I would eventually reach my end goal given time and effort, I just felt so... tired all of a sudden. I felt tired thinking that I was already at my goal, then seeing it being suddenly pulled far, far away into an ambiguous future. I felt tired realizing that there were so many things standing between me and my goal. I felt

tired having to figure out ways to secure a living, when I'm trying to pursue a higher purpose. I felt tired with the thought of returning to a job I don't love, after quitting it to pursue my life passion.

Suddenly, everything I had been doing and fighting for felt meaningless.

Dealing with My Disappointment

For the first few days, I wasn't in the mood to think, feel, or do anything. While I was functioning on the outside, I felt dead on the inside. I would live my day on auto-pilot, not caring or feeling much. When I was doing other things or out with friends, it would partly take my mind off the topic. But when I was by myself, I would feel a deep void. It was a very empty feeling. It wasn't even about feeling bad or negative. It was just a feeling of emptiness; like a state of apathy.

After a few days of living in a void though, I decided it was enough. I am usually a vibrant, upbeat person and it was sick feeling so empty. I started to pick myself up and think about how I could improve my emotional state.

I did a lot of introspection regarding my situation. I shared my thoughts with several good friends and talked through the issue with them. It was interesting, getting different perspectives. One thing I love most about talking to others is the diversity of thoughts you get. Their responses reflect a certain aspect about themselves.

After deep thought, I received these key insights.

My Revelations About My Situation

I realized the reason I was so disappointed was because I had become overly attached to my end goal. I had narrowly defined 'living my purpose' to only happen when I'm running my personal development business full time.

But this should not be the case at all. If I had to go back to corporate given my circumstance, it would not mean that I wasn't living my purpose. If anything, **going back to work allows me to live my purpose**, since it gives me financial security in the meantime. It is the best course of action to live true to my purpose within my circumstance.

I was getting too caught up in the belief that 'living my purpose' would only happen when I have my business up and running. That's defining it too simplistically. Living my purpose is **a way of being**; it's something that translates into many actions, from my day-to-day decisions, to my interactions with people, to my thoughts and feelings, and so on. As long as I ensure everything I do each day is **in alignment with that**, nothing else really matters.

When I came to this realization, my end goal suddenly lost its significance. I mean it's nice and all when everything takes off, but it doesn't matter much since I'm already living my purpose right now.

Additionally, while I initially saw returning to work as a setback in terms of my goal to pursue my passion, I realized that it really isn't. **Being aware of these barriers is a progress in itself**. Instead of carrying my original belief that everything can be up and running in 6 months, I can now better act toward my goals with what I have learned. This experience gave me new knowledge, new insights, and a new perspective. As I incorporate these lessons into my plan, I am in fact progressing toward my goals, and not moving away from

it as I had initially thought.

The epiphanies shook me out of my void. I found out that my feeling of disappointment was totally redundant and misplaced. Suddenly, I began to regain my passion for life. If anything, I'm now more optimistic about life. :)

Life after the Experience

In the past few weeks since shaking myself out of my disappointment, it feels like I'm operating at a higher consciousness level. I feel an increased sense of awareness and clarity about myself and everything around me.

This experience has made me realize many lessons and **blind spots** that I was previously not privy to. This has helped me grow as a person. It is a very empowering feeling, like nothing can ever get me down anymore. :) This feeling is extremely, extremely liberating. If you have overcome a stage of deep disappointment before, you

will know what I mean. It's like what Henry Ward Beecher meant with, "One's best success comes after their greatest disappointments," and what Friedrich Nietzsche meant with "What doesn't kill us makes us stronger."

If you are wondering about the future of this blog after I return to work, don't worry – I will continue to write and work on my personal development business in full force, whether I return to corporate or not. This is my purpose, this is my life. In a matter of time, the foundations of this business will strengthen to the point where I can do this full time, as my career. :D

Update #1 (Mar 2009): A month after I wrote this post, I decided to

work on my personal development business full time and not return to a corporate day job. :) For more details, read the post [Embracing My Passion](#).

Update #2: Since writing this post, I've built PE into my full-fledged career. :) I share the different steps of my journey in [my passion series](#).

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ABOUT

Hi, I'm Celestine Chua, the founder of [PersonalExcellence.co](https://www.personalexcellence.co), one of the top personal development blogs in the world with readers from over 200 countries/territories.

The central goal of my work is to help you achieve your highest potential and live your best life. If you like this ebook, you will love my free material at [PersonalExcellence.co](https://www.personalexcellence.co). Some articles you will find there are:

- [101 Ways to Live Your Best Life](#)
- [101 Ways To Be a Better Person](#)
- [8 Tips to Deal With Critical People](#)
- [How to Discover Your Life Purpose \(series\)](#)
- [How to Improve Relationship with Your Parents \(series\)](#)
- [How to Find Your Soulmate \(series\)](#)
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