

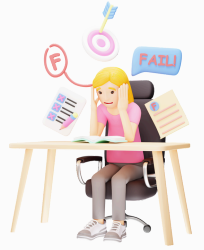
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# How Do You Deal With Disappointment?

One of life's greatest teachers is disappointment. In fact, few things will build your character, resilience, and emotional strength more than feeling disappointed.

In school, feelings of disappointment are inevitable. You are not always going to get the grade you think you deserve. You are not always going to make the team. You are not always going to like your teacher, the class you are in, or the people you sit next to. And you are not necessarily going to get accepted into the college that you want.

Sometimes life just doesn't go your way. However, it is through disappointment that we learn how to empathize or relate to other people with similar struggles. It is through disappointment that we learn how to adapt and adjust our perspective. And it is through disappointment that we learn how to leave our comfort zone, embrace our feelings, and (in turn) become a stronger and more confident person.

For the following task, you need to **write how you plan on embracing disappointment in your school life.**

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**TOLENTINO** TEACHING

**More resources here:**

**[briantolentino.com](http://briantolentino.com)**

