BasiC English

Sessional.assignment

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●> How I overcome Challenges.

Answer:

Every person on the planet have to face many challenges in their life .Some people lose their hope and dragged themselves to the utter darkness of ignorance and some people stay strong and overcome challenges.

When I face a challenge, I just take a long breath and focus on the challenge and make sure myself that there is a whole world out and everyone goes through something, so I am not alone as I may feel. I make a plan and stay positive to overcome the challenge. I figure out what is that I need to do in order to succeed at overcoming the challenge I am facing.

I don’t feel ashamed to reach out for support and find people who are willing to be there. I feel proud of all that, I have lived through. I have made it this far in life and that in itself is an accomplishment. I celebrate all good things in my life. There may be the bad but everyone can always find the good. So focus on those things and you will be happy.