



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

The word "Hope" is written in a white, serif font. The letters are set against a rectangular background with a vibrant, multi-colored gradient of purple, blue, green, and yellow.

hope – *a feeling of expectation and desire for a certain thing to happen.*

How hard is it to have hope when everything looks hopeless? In the midst of challenges, suffering, and difficulties what keeps us in that mindset of hope? Could it be that when that voice inside us is telling us to “just quit, give up, and let it go”, we refuse to stop, we refuse to give in, we roll up our sleeves and don’t stop!

Then there are periods when times really are tough. No matter how strong or powerful or confident we are, these times can cause one to crumble. As solid as we can feel one day, we can feel just as lost and scared the next, and the hardest thing during tough times is not to lose hope.

People With High Levels of Hope Share Several Characteristics:

- ★ They turn to others for advice on how to achieve their goals
- ★ They tell themselves they can succeed at whatever they need to do
- ★ Even when there are setbacks, they tell themselves things will get better
- ★ They are flexible enough to find different ways to get to their goals
- ★ If hope for one goal fades, they aim for another
- ★ They have an ability to break a difficult task into specific, achievable parts

Research has found that feelings of hopelessness are good predictors of how well people will fare in life in general.

People who get a high score on the hope scale, have had as many hard times as those with low scores, but have learned to think about it in a hopeful way, seeing a setback as a challenge to be overcome.

Often time's life really can seem disappointing. Even the greatest lives are full of profound loss and heartbreak. It seems that pain is inevitable, and while we may say that we know good can come out of it, what hurts still hurts.

Hope can be nurtured, even when all seems completely hopeless. In spite of defeating or exhausting circumstances, there IS hope – but, you must believe it. You must believe in yourself, develop a mindset of tenacity and persistence and determination.

Hope is the spark that lights the fire of inspiration and imagination. Hope gives a glimpse of possibility not seen in those dark moments. Hope shows the way, but only for an instant. You must act on it or it becomes nothing more than a pleasant memory – a feel-good moment.

The Art of Emotional Composure

If you're ready to take action and believe in yourself, believe the future will be better than the present – the answer is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – you can overcome obstacles and keep hope alive even though it appears the odds are against you. Claim the power to change it!

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