HOW TO RIDE LIFE'S UPS AND DOWNS

Be in control. Some things are beyond your control. Then again, you *do* have control over how you respond to each situation.

Manage your expectations. Every day won't be bright and sunny. If life were a bed of roses, you'd still need to avoid the thorns.

Don't overreact. When things go well, don't assume good times will last forever. When things go wrong, don't think the world is coming to an end.

Live and learn. Do you view failure as a slap in the face or as an opportunity to learn? The difference between a stepping-stone and a stumbling block is the way in which you approach it.

Keep things in perspective. It's never helpful to be overconfident or to punish yourself for disappointments. If you build a lifestyle based on the good old times lasting forever, you may be in for a rude awakening. What's more, if you beat yourself up over one failed effort, you can turn *one* unfortunate situation into lasting damage to your self-confidence.

Cut yourself some slack. Don't take losses personally. Separate the incident from your self-worth.

Be patient. Nothing lasts forever. When you're in the throes of a bad patch, a minute can feel like a lifetime. It helps to remember that this too shall pass — it takes a rain shower to create a rainbow.

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