

Volatility

Think of sailing a boat. Sometimes the waves will be rough, sometimes the water will be calm. Sometimes the wind will push you forward, sometimes the wind will push back, sometimes there will be no wind. You don't get to control the elements. The only things in your control are the direction of the boat and whether your sails are up or not.

Like the sailboat, life is rarely a straight line. We remember the peaks and valleys but most of the work is done in the plateaus. Turbulence is the price you pay to get to your goal.

When faced with volatility, let it run through you. Breathe, transcend, no emotion, be unphased, keep your eyes and mind locked on the destination.

The winds and the waves are always on the side of the ablest navigator. Remain steadfast on your mission and let the rest take care of itself.