

Don't Doubt The Hand That You Were Dealt

By Barry Rice

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sunriseofopportunity@getresponse.com

Sunrise Of Opportunity <http://www.sunriseofopportunity.com>

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Unfounded skepticism has a tendency to creep in and breed deeper and widening skepticism. Healthy skepticism about others or other programs is okay. Skepticism of oneself however, can breed a lack of self-confidence, loss of self-esteem, and an inner and quick acceptance of mediocrity.

It took me a lot of years to understand that society's primary definition of "success" seems to be normally determined by the amount of money we have, where we live, the car we drive, the vacations we take, the clothes we wear, or even where our children go to school.

Folks, I've been there, done that. I chased all of the above and turned my face away from my Higher Power (whom I choose to call God). Through my own skepticism and disbelief, He removed all I had acquired. Then, He gave back to me more than I could have dreamed of, once my relationship with Him was renewed. He continues to give me what I cannot give myself – a daily **SUNRISE OF OPPORTUNITY!**

I've lived a life much like most folks and, at one time or another, probably walked in many shoes familiar on the make-any-ole-excuse-circuit. Circumstances may be different and all of us have, at one time or another, scoffed at God for the hand we were dealt, which feeds inner skepticism.

It took me years to realize that, at birth, most everyone is dealt a fair and perfect hand. As we move through life, it's how we play our hand, as well as our ongoing faith in our individual Higher Power that determines our successes and failures. I may not have all of the 'toys' I used to have, but frankly, I don't need or want them. What I do have is a life free of disbelief and skepticism about myself, my opportunities and how to best play the hand I was dealt.

I can only encourage you, if you doubt the love and strength of your Higher Power, to take another look at the very fair hand you were dealt. Simply ask, on a continual basis, which 'card' (from your written goal achievement plan – if you have one) would be the best to play at any given moment.

But, as you ask for strength and guidance, FIRST be silent and grateful for what you DO have.

Now, play your hand fairly and go grab yourself a whole bunch of sunrises of opportunity!

Barry Rice, writer, speaker and consultant, is the author of Moving Forward Out Of The Fog, the self-paced, practical exercise-based course that guides you, step-by-step, to defining, achieving, and living, YOUR definition of success. Subscribe to his challenging and inspiring newsletter at sunriseofopportunity@getresponse.com.

<http://www.sunriseofopportunity.com>

Email – mail to: barry@sunriseofopportunity.com

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