



A Tree Talk by Bill Sanford in 1988

I have mentioned four ways to deal with disappointment—exerting self-control, accepting responsibility, making changes, and not quitting. The last point is to diversify your life. In other words, don't put all your eggs in one basket. Develop several interests so that a disappointment in one area can be offset by satisfaction in others ... In this connection, I want to emphasize the importance of personal relationships in coping with disappointments. Good friends will stick by you in good times as well as bad ... Always remember: your successes may establish your reputation, but your disappointments will determine the person you are and the person you will become.