

YOUR REACTION MATTERS MORE THAN WHAT HAPPENS TO YOU

Once upon a time a daughter complained to her father that her life was miserable and that she did not know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, who was a chef, took her to the kitchen. He filled three pots with water and placed each on high heat on the stove. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and coffee in the last pot. He then let them sit and boil, without saying a word to his daughter. The daughter moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the stove.

He placed the potatoes in a bowl. Poured the coffee into a cup and placed the eggs in another bowl. Turning to his daughter he asked, "Daughter, what do you see?"

"Potatoes, eggs and coffee" she hastily replied.

"Look closer" he said as he nudged her to touch the potatoes. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father what does this mean?" she asked. He then explained that the potatoes, the eggs and the coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently to it.

The potatoes went in strong, hard, and unrelenting, but in boiling water they became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. However, the ground coffee beans were unique. After they were exposed to the boiling water something new was created.

"Which are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?" She did not respond to her father's question.

Then her father said: "In life, your reaction to a situation is more important than the problem itself. Learn to adjust and you will make it in life".

"You cannot allow problems to deter you from reaching for your dream. Never doubt yourself, your potential, ability and talents. Just be yourself. Find yourself and you will grow. You will figure out what inspires you and you will progress" added her father.