

# Suffer Loss and Stay Serene

In order to navigate calmly through rough waters, we must be anchored as well as able to catch the wind and let it carry us. What does this mean? Set certain habits in place that serve you without having to figure out what to do next – this is an anchor. Catch the wind by letting go of expectations on how things might play out. In other words, don't let your imagination or someone else's get the best of you. Proceed forward with confidence, assurance and wild abandon.