

This Week's Message: Defeat **By Ellie Lingner**

Defeat: v. 1. to win victory over; overcome; beat 2. to bring to nothing; frustrate (defeating our plans) 3. to make null and void n. 1. the act of defeating or gaining victory 2. the fact of being defeated 3. frustration 4. nullification.

No one ever wants to deal with defeat. It's demoralizing, frustrating and sometimes just plain ugly.

Yet defeat is as much a part of everyday life as victory. How you handle both says a lot about your character. Young children are taught (or at least an attempt is made) to be gracious winners and losers. As they mature, hopefully, it becomes a lot easier to master the first, but it's not so easy to be a good and gracious loser. There are usually tears, tantrums, and a dose of sulking.

Everyone knows that the day will come when some kind of defeat is inevitable. It may be a monumental defeat or only one that seems major at the moment. It may be a baseball game, a failed test or a relationship down the drain. It is still a defeat.

How have you handled defeat in your life? How does it make you feel? How would you like to be able to handle defeat? Have you watched those around you deal with defeat either well or badly? What does it tell you about them?

It takes a certain amount of maturity to realize that there is a lesson to be learned from every defeat and it is from that knowledge that emerges the ability to accept the defeat and move on. When you look back later from a safe distance and you recognize and understand the lesson learned, then comes the "aha" moment. "Aha," you say. "That defeat was really a gift wrapped in black paper."

Week's Quotes:

"If you learn from defeat, you haven't really lost." Zig Ziglar, American motivational speaker and author.

"Show me a man who is a good loser and I'll show you a man who is playing golf with his boss."

"You don't have to fear defeat if you believe it may reveal powers that you didn't know you possessed." Napoleon Hill, American author, 1883-1970.

"The man who wins may have been counted out several times, but he didn't hear the referee." H.E. Jansen.

"Opportunity often comes disguised in the form of misfortune or temporary defeat." Napoleon Hill, American author, 1883-1970.

“Life is truly known only to those who suffer, lose, endure adversity and stumble from defeat to defeat.” Anais Nin, French-born American author of novels and short stories, 1903-1977.

“The greatest test of courage on earth is to bear defeat without losing heart.” Robert Green Ingersoll, American statesman and orator noted for his broad range of culture and his defense of atheism, 1833-1899.

“Victory is sweetest when you’ve known defeat.” Malcom S. Forbes.

“Before success comes in any man’s life, he’s sure to meet with much temporary defeat and perhaps some failures. When defeat overtakes a man, the easiest and most logical thing to do is to quit. That’s exactly what the majority of men do.” Napoleon Hill, American author, 1883-1970.

“We may encounter many defeats, but we must not be defeated.” Maya Angelou, American poet, b. 1928.

“When a man is pushed, tormented, defeated, he has a chance to learn something.” Ralph Waldo Emerson, American poet, lecturer and essayist, 1803-1882.