
Accept- Visualize -Act- Keep Acting



Don't waste your time, it's more valuable now than ever!

Be Accepted gives you a head start and saves you time.

Accept what is, recognize the situation and get a general overview.

The important thing is how you accept the situation and what you do with it. You cannot change what is happening, but you can choose how to react. You can take control. Anyone can be a victim, but playing the role of a victim is voluntary and individual.

Realize that you can contribute a lot.

The fear is there, unfortunately no one can take that away from you. What you can do is become aware of the fact that the body switches to survival mode through fear and prolonged negative stress. This causes adrenaline and the body's own cortisol to be released, which allows you to run far and fast for a short period of time. Nevertheless it does weaken your immune system in the long run. Your task however is to strengthen the immune system and through various measures, create an environment in which cancer does not feel comfortable.

Focus on the end of the ride so you get out okay. You may sustain some scrapes and scratches but you are out and you are alive.

You can learn to recover quickly from bombshells. And you can learn to reduce the feeling of fear. No one is prepared for this kind of situation. Decide to go from victim to heroine. Don't ask why, ask "What can I do now?", "How can I get out of this?".

Keep at it, even when you are over the hill. Be.

It is worth the effort to walk your path in a meaningful, lasting, heroic, powerful, motivated, grateful, individual, patient, informed and confident way. Even if there is no guarantee of success, your chances increase. You can make your time until then as beautiful as possible. Living this way has a very special quality, live your life it to the fullest.

CHOOSE WHO YOU WANT TO BE. WHO DO YOU THINK HAS THE BETTER EXPERIENCE? WHO HAS A EUSTRESS (POSITIVE STRESS) FEELING AFTER THE RIDE?

We will help you find out what is right for you and how you can apply it in your everyday life.

Source: [Be Accepted](#)

Image Credit: [iStock](#)

