

Just the good parts

"I want to be an actress, but I don't want to go on auditions."

"I want to play varsity sports, but I need to be sure I'm going to make the team."

"It's important to sell this great new service, but I'm not willing to deal with rejection."

You don't get to just do the good parts. Of course. In fact, you probably wouldn't have chosen this path if it was guaranteed to work every time.

The implication of this might surprise you, though: when the tough parts come along, the rejection and the slog and the unfair bad breaks, it makes sense to welcome them. Instead of cursing or fearing the down moments, understand that they mean you've chosen reality, not some unsustainable fantasy. It means that you're doing worthwhile, difficult work, not merely amusing yourself.

The very thing you're seeking only exists because of the whole. We can't deny the difficult parts, we have no choice but to embrace them.