

Do you feel you are mediocre, inferior and unsuccessful?

Do you feel you are mediocre, inferior and unsuccessful? When faced with difficulties, some of us choose to try a little, stumble and then give up. Why? Let's TipsMake.com find out!

1. Smart people who are not naturally born are smart but they must work hard to achieve it
2. If you want to succeed, never tell yourself 15 of this!
3. Want to become rich, remember to maintain 15 routine habits below!

Do you feel you are mediocre, inferior and unsuccessful? When faced with difficulties, some of us choose to try a little, stumble and then give up. Only a few people are persistent and determined to achieve their goals at all costs. They are called successful people. Why? Let's TipsMake.com find out!



Do you wonder why many people are more successful than others? Are they really smart or have innate talent? Or are they simply more fortunate than others?

Most of us often assume that people around us have a better life than us. They have everything that is easy and successful because they enjoy it right from birth. We start admiring and envy all our acquaintances and colleagues.

Why are people different and more successful than us? The answer is simple: The problem is not on them, but the problem is on ourselves.

Successful people know that at the beginning, everyone can get stuck and stuck. Some people try a little, stumble and give up. And some people are persistent and determined to achieve their goals at all costs. And then they are called successful people.



Have you ever felt like you didn't achieve anything you wanted?

Have you ever sat in a room and cried over it?

On my 16th birthday, I ran into the bedroom, closed the door and cried for an hour.

Perhaps you will ask: ' *Why?* '

I thought I was 16 years old and had not achieved anything in my life. This is a true story. I remember everything very well. But now thinking about it is ridiculous. At that time, I was only 16 years old. I'm too young. And then, the same thoughts came to my mind when I turned 18, 21, . Every time I went to my birthday, it was something to start thinking about what was achieved and not achieved. very natural.

Have you ever felt yourself mediocre, inferior and unsuccessful?

Even the most successful people in the world may have a feeling of failure. Maybe not everyone is sitting in a corner and crying about it like me but it is very common. The goals and aspirations to achieve great things in life are not a bad thing. Mostly, it is a positive thing. Our world will not be as it is today without people achieving great things. However, if we are swallowed by feelings of failure and not achieved enough, can lead to malicious thoughts.



Through experience and change in attitude, I can avoid those negative feelings. Of course it does not mean that every morning I wake up feeling myself successful, but I can move forward and achieve my goals in a positive way. Here is the secret to help you overcome the feeling of mediocre, inferior and unsuccessful

1. Make a list of the things you have achieved

We often forget the success we have achieved and we can do more than we think. Using images to reiterate those achievements can create a miracle for one's confidence. Write down the achievements, whether you are the smallest or things you have overlooked, like graduating from high school or buying a car. **Write it on a piece of paper and attach it to the wall** . When you see all that you have done, you will never say ' *I did not get anything* '.

Another way to look at your life is to write a resume. When I feel that I have not achieved anything, I will go to the website and read my resume. It reminds my memory that I have had great achievements in my life and career.

2. Don't compare yourself to others



Feeling that you have not achieved anything often comes with comparison with others. In fact, there will always be people who are more successful than you, make more money than you, look better than you, . To be jealous of controlling yourself is very toxic and disperse you from your own achievements.

Remember that your life journey is unique, you should not define yourself with the success of others. You can spend your life trying to overcome other people's achievements and never take the time to appreciate your own achievements.

See also: 10 inspirational books for entrepreneurs

3. Always feel grateful

There will always be poorer people than you, not successful with you and making less money than you, . I know I've just said ' *Don't compare yourself to others* ' but this type of comparison is for you to think about more positive direction. However, that does not mean you have to feel superior and conceited about your achievements, nor do you think that you are better than others so that you remember what really matters.

For example, if the things you want to achieve are career or finance, they don't seem to matter if your friend is fighting cancer or a neighbor loses a loved one. For some people, breathing in fresh air every day has been a great achievement.

Get in the habit of feeling grateful every day. Gratitude is a great weapon that defeats dissatisfaction.

4. Have a supporter in your life



You can have friends and family members in a difficult way. This may be the reason for the feeling of insignificance and inferiority. If you listen to them long enough and are surrounded by negative thoughts, you will obviously believe the disparaging words they say about you.

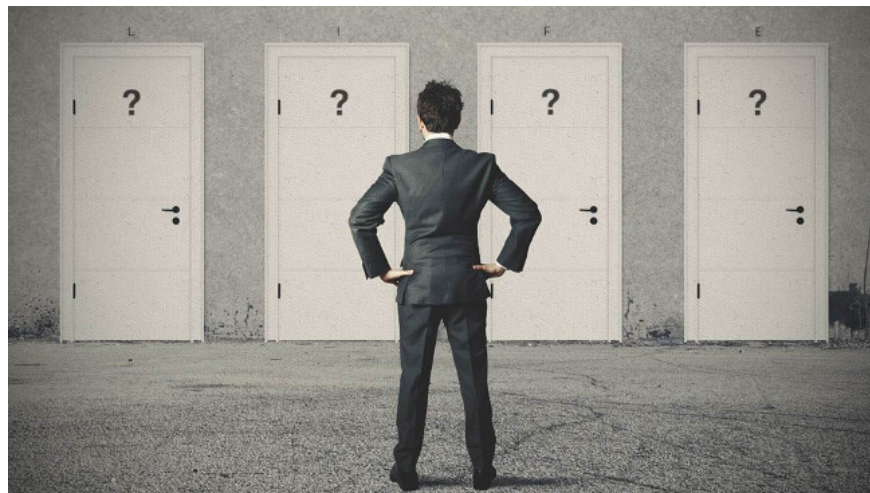
Find yourself at least one supporter. We all need someone to say ' *I'm proud of you! You are doing very well! I believe in you!* '. That encouragement is your life buoy. We need a person who always sees good things and tells us that we are halfway through.

When you start thinking about yourself, that person reminds you of your achievements and encourages you. They will write you small notes, send you messages with positive emoji and comfort you.

Don't underestimate the moral support. How to get a friend to ask you, you certainly won't think that you failed. You need people to share their hardships and feelings of self-doubt. If you don't have supporters in your life, you may need to be friends with new people and find that person.

See also: Why are successful people ready to receive criticism from others?

5. Focus energy on helping others



We live in a society of 'ourselves first' and can produce dissatisfaction when we don't get what we want. When you turn your attention away from yourself, you will not pay attention to things that you think are disadvantages. This is a very useful and practical rule. Train someone or volunteer with a local not-for-profit organization. Find ways to help others, those in need or need help. Instead of asking ' *What can I do to overcome my own goals?* ', ask' *What can I do to help people with their goals?* '. It will remind you that you have more things than people around you.

Maintaining those thoughts will help you overcome the race of achievement. Life is not only competitive (although many people will make you believe it). It can be a long process to keep you from thinking that you can't do anything in life. Either way, we must not be lazy and not be discouraged. Working hard and having goals is a good thing. However, you will feel lonely if you keep thinking you fail and not achieve anything big.

This is the song I wrote myself called "Paralyzed", showing my feelings about this topic. I hope these words will encourage you to overcome any " *trivial, inferior and unsuccessful* " feeling you have.

Don't want to be the final finisher

The defeat is haunting me

Life passed quickly

Can't do things I can

Just fight to move forward

Face the fears until they disappear

I don't want to be controlled anymore

I refused to be controlled.

Author: Larissa Lam

Refer to some more articles:

1. The most misconception about successful thinking that many people think is right!
2. You want to succeed? Please stop doing the following 13
3. Your life will change if you do these things after 6pm!

Having fun!

You finished reading the article "**Do you feel you are mediocre, inferior and unsuccessful?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.