

was later moved to the University College Hospital from where he was later ad-

...the result the following day. This was the first documented case where polonium was

in the body so that should not be detected easily.

no respect for life, liberty or any civilised value. You have shown yourself to be unworthy of your office, to be

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Overcome bad results

Today's article is going to be different. It's targeted to address S6 Leavers. Why? Because the results recently came out with mixed fortunes for different people. Some have been excited. Some are discouraged. Others are confused. I have met some of them brought along by their parents for counselling. Life is a buffet of experiences. If you got great grades and are about to enjoy your favourite course or next phase in life, congratulations. If you did not and you are discouraged or confused, well, Uncle Ethan has a message for you today. I can feel you from a distance and hence this article. I learned long time ago that setbacks are inevitable. But how you respond is a choice. So, let's look at some options to think about your situation if you are not happy with the results.

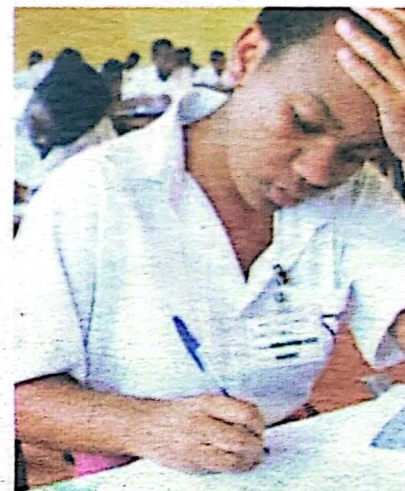
Accept what is: Unfortunately, it is what it is. Accept it because you will be able to go to court to challenge the result. Healing starts with acknowl-

edging where you are at. Getting out of denial as fast as possible is key. Just tell yourself, "This is it. Let me see how I can deal with it".

Pick the lessons: My mantra is - I either get what I want or learn the lessons. Either way, I turn out a better person the other side. Ask yourself what you learned from the experience and those insights will serve you for years to come.

Your dreams are just delayed: Someone I was counselling over the same matter spoke with a lot of pain and mentioned how the dreams were shattered. I said "Well, they have just been delayed. You are still young. At the end of the day, it's about getting to your destination. That is what matters most".

Think what next: Move on as fast as you can. Think of what you need to do next. Is it to change courses? Repeat the class? Go for a diploma? Go to some place elsewhere? Think of what your next move ought to be. Think solutions.



Seek advice: There is a lot of wisdom around you. Tap into it. Ask those people whose opinions you value. Remember not to just talk to people who only want to tell you what you want to hear. Talk to those who will be honest with you but encouraging at the same time. Listen because you may get a new perspective that is helpful.

Make your own decision: Linked to the above, at the end of the day, it's your life. Make a decision that you

will be proud of 20 years from now. Not just deciding to make some people happy. You are core to the equation. Make sure that in the end, you will be happy.

Do your very best: Whichever move you make, challenge yourself to do your very best no matter what. I recall one brilliant parent saying that with his children, all he cared about the most weren't the specific results but rather to know that they did their very best. Do your very best and God will do the rest.

Unleash your potential: Remember great potential is still inside of you waiting to be unleashed. The world hasn't seen the very best of you yet. God loves you. And I believe in you. If you want to learn more skills and mind-sets that will enable you to succeed in life and career, then, visit www.LeaversPlugin.org

If you know of an S6 Vacist who might find this article helpful, kindly pass it on because it might trigger some hope in them. Thank you.

Ethan Musolini is a CEO Success African motivational speaker, author and HR consultant.