

QC0027SN - How to Increase Your Tolerance for Discouragement.

I would like to tell you that you and I can completely rid ourselves of discouragement, but I can't. Discouragement is a part of life that we can't completely avoid.

But I can tell you how to increase your tolerance level for discouragement. It involves making 3 small changes:

- **Change Your Focus.**
- **Change Your Comparisons.**
- **Change Your Frame.**

If you're a person of faith, you can see these 3 changes in the story of David and Goliath.

Are you discouraged today? Is there something that seems too big for you? Try applying these 3 changes and see if it doesn't raise your tolerance level for discouragement.

DON'T FORGET...

Subscribe to Quick Counsel Podcasts.

Subscribe to bretlegg.com

Subscribe to Bret's YouTube channel - <https://www.youtube.com/channel/UCHY0oYUJSUMDz4dnF09mJJQ>

Follow Bret on:

Instagram - <https://www.instagram.com/bretlegg/>

Twitter - @bretlegg

Facebook - <https://www.facebook.com/bretalegg>