

Examination Hall,
A.B.C.
September 24, 2020.

Dear Brother,

I received your letter a day before yesterday. Since then, I am pretty disturbed as you have told me about getting second position in the annual race competition and you are quite disheartened at that. I know you are the champion of race and always stood first for the past three years.

My dear brother, let me tell you something very important. A former Olympic speed skater, Bonnie Blair once said that "Winning doesn't always mean being first. Winning means you are doing better than you have ever done before." Of course, standing first or defeating your competitors matters a lot in everyone's life but if you don't win, it doesn't mean you have lost everything. Only if taken your defeat positively then this means that you have achieved personal growth and not forgotten it. I mean to say that, this personal growth of doing better than something before, brings a ray of hope in your life, thus it must be considered a win.

Striving to learn and perform well to become better than you were before is actually your win. If you lose please don't take it too seriously rather you should muster up courage to practice more to perform better next time. It happens sometimes that you may be off or someone else is just having a better day than you. You should learn from it and must strive to improve next time.

Brother, if you consider your personal growth a win, then this kind of mindset will help you feeling less disappointed and less discouraged as you know it very well that you have put all your efforts and do your best but don't win. Another positive aspect of following this approach leads to less comparison to others, will help you to put greater focus on personal growth, and ultimately you will be able to have better self-esteem.

Now, I have to close my letter. I hope you have understood what I want you to learn. Think positive and focus on your personal growth and enjoy your win. I wish you good luck for your studies and next race competition as well.

Pay my regards to all at home.

Your loving bother,
X.Y.Z.