



Be The Reason Someone Believes In Good People

5 Reasons Why People Feel Lost

Why is it that some people seem to have their life in order? They seem to know who they are and are sure of where they are going, while so many others feel lost and alone in this world?

It's easy to think others have it all figured out because of their glossy outer appearance, until you walk a mile in their shoes.

Just about everyone feels lost at some point in their lives. We're all just trying to make sense of life as we go along.

Below are 5 reasons people feel lost and what you can do about it.

1. Their sense of self is distorted

People who feel lost in life don't like themselves very much. They tend to have a distorted sense of self that keeps them from appreciating their own beauty, intelligence and worth.

All they seem to see is how inferior, unworthy or insignificant they are, and how nothing they do is good enough.

Spend more time with yourself to figure out who you really are and what makes you happy. Then go after those things that make you truly happy and excited about life.

Believe in yourself and your own potential because if you don't believe in yourself no one else will.

2. They surround themselves with people who drag them down

Spending time with the wrong people is another reason why so many people feel lost in life.

When you surround yourself with people who drag you down, who are constantly whining, blaming, criticizing, gossiping and complaining about everything and everyone, making you feel negative about life, you will eventually stray from your life path, and that will cause you to feel lost.

Spend time with people who make you feel good about yourself and your life; people who you share common interests with, who make you laugh and make you feel like you are a valued human being.

3. They try to measure up to others' expectations

People who feel lost in life tend to live their lives based on what other people think they should do. They live their lives in accordance to what other people say is right for them.

They live their lives following the ideals, thoughts and beliefs handed down to them by their parents, teachers, friends and even the media.

They try to measure up to the unrealistic standards of beauty, power, and masculinity and they, of course, fall short.

Stop trying to live up to other people's standards. You will never get there. You will strive and strive and still fall short. Live true to yourself and be truly happy and contented in life.

You are your own person. Live up to your own expectations.

4. They hold on to ingrained fears and biases

Most self-defeating things people tell themselves are based on fear, not reality. People who feel lost and disconnected in life often unconsciously hold onto ingrained fears and negative biases based on old programming.

They think "The world is doomed", "It's not safe", "Nothing works for me", "I always fail."

Shift your perspective and attitude. Realize that failure is just a discovery of one way that doesn't work. It's an opportunity to try again with more intelligence. Don't be afraid to fail.

It doesn't matter what happened when you were growing up or how many times you failed in the past, get up and try again. The past doesn't have to hinder your future.

5. They never venture out of their comfort zone

People begin to feel lost when they only live within their comfort zones. For example, millions of people feel bored, frustrated and trapped in their jobs because that's what their choices have caused them to be.

They're stuck in ruts they've dug for themselves, while trying to avoid taking risks and making mistakes.

Get out there and do things your friends would never guess that you would do. Push yourself to learn new, demanding skills and experience new places.

Living outside your comfort zone is exciting and fun. It can bring back the taste, zest and satisfaction for life.