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## What's in your Cup? Life's Challenges reveal our true selves

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Farah Mirza

Suppose you're holding a cup of coffee in a bustling coffee shop, savoring every sip. Suddenly, a hurried passerby jolts your hand, and coffee spills everywhere. If I ask you why the coffee spilled out, the instinctive answer might be 'cause someone kicked me.' But that's not entirely true. The simple answer is that cause coffee was in your cup, not tea. This small incident mirrors life's challenges. When life shakes us, we spill what's inside – whether it's anger, negativity, and stress or positivity, patience, humility, and gratitude. These challenges reveal our true selves, exposing what we have inside.