



MENTORING MOMENT: Bitter or Better

A friend of mine recently posted a great quote by Josh Shipp:

“You either get BITTER or BETTER. It’s that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice, does not belong to fate, it belongs to you.”

One of the important aspects of mentoring is helping others deal with the hand that they have been dealt. Life can deal some pretty tough hands. What you do with that determines which road you are on. People are either on the road to becoming bitter or on the road to becoming better. Josh Shipp is right: you cannot blame anyone else for the road you are on. That choice does not belong to fate – it belongs to you!

At ISF, we have the privilege of working with some amazing young people who have been dealt a really lousy hand in life. Children aren’t supposed to be abandoned, neglected or abused. How easy it would be to just grow bitter – and many do. But there is another choice that we can help these students make.

I am so inspired by the amazing stories of young people overcoming great odds in their pursuit of a dream of a college education and a successful life. Our mentoring can help them get on the road – and stay on the road – to becoming better. It really is a choice!

Dr. Blair Ritchey is Executive Director of ISF, a non-profit foundation dedicated to providing scholarships, mentoring and leadership development for young people who have aged out of orphan or foster care, as they pursue their dream of a college education and a successful life. Mentoring Moment is a weekly message of encouragement and inspiration to those committed to the mentoring process. If you prefer NOT to receive Mentoring Moment, simply reply to this email.



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