

## **This I Believe**

When I was a little kid, I thought life was going to be exciting and full of adventure. But the older I got, the more I realized that the life of many people is repetitive and boring. I thought that I will never have the life I always wanted and imagined as a little kid. But then I realized that it all depended on me. You only live this life once, you do not get to repeat it. That is why you should live it however you want to. Everybody should pursue their goals and live their dreams. You are the most important person in your life, and you get to decide how you live it. You define your own happiness. I believe in the importance of being happy and living the life you always wanted.

You often hear people complain about their jobs, their partners, their weight and everything else they don't like in their current situation. But what most of them don't realize, is that everybody makes their own choices. You decide what job you are working, whom you spend time with, what you eat, how you exercise and everything else in your life. You are in control. There are no excuses for why you are not currently trying and giving your best to reach your dream life. For example: If you are not happy with your job, get another one. If you don't want to take a risk, don't quit your current job until you have one you like better. Yes it's much work, but it's also worth it.

If something is making you happy, do it. That is another thing people often don't realize, that someone is always going to judge their decisions. You don't have to be "accepted by society" or count as "normal" to be happy. You don't have to explain yourself to anyone. The only person who has to believe in you is yourself. If you want to be a popular musician, you have to actually start producing music. Don't tell yourself nobody is going to like your music, because you don't know that until you actually put your music out there. Don't tell yourself that you are not going to reach your desired life, because that is simply not true.

What is also important, is to know that is okay to change your opinion. If you are currently studying for your dream job, and you realize you don't really like it, don't do it. If something is not making you happy, don't do it. Imagine living your dream life and being happy. You can't tell me you wouldn't do anything to have that. Put all the hard work in to achieve your goals, but the most important thing is always to be happy. Don't be too hard on yourself. Everybody makes mistakes, but those mistakes are really important, and you always learn from them. Being hard on yourself is not going to make anything easier.

It is proven that happy people live longer. You are able to live your life the way you want to. You are able to actually be happy and find your path. You are the most important person in your life, and no one has the right to tell you otherwise. You are going to make mistakes either way, but would you rather lay on your deathbed laughing at them, or regret all the things you didn't do in your life. You can live your life however you want to.

Sources:

<https://iaap-journals.onlinelibrary.wiley.com/doi/abs/10.1111/j.1758-0854.2010.01045.x>