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I am so tired of allowing mediocrity to creep into my life. I am tired of making excuses about why I am incapable of doing something. I have spent so many years of my life sitting back and watching everything pass by. This often led me to feel as if I was a passive observer in my OWN life instead of the one who was actually in control the entire time. I think that we have allowed this parasitic idea to creep into our culture that reinforces this belief that we are powerless to the levers of the “system”. I most certainly thought this for years. I have a core memory of sitting at lunch with my parents while they told my sister and I that they didn’t understand why our generation was so pessimistic about the world. We basically told them that we felt as if we were inheriting unsolvable problems and that this had left most of us with little hope for the future. I wish I could go back to that moment and scream at myself for being such an idiot. There has never been a time in history when the problems of the world seemed impossible to solve. My parents tried to point this out to us, identifying that there was a huge environmental crisis in the 70s while they were children and instead of sitting back and doing nothing their generation did things about it (founding the EPA, banning gasses that were damaging the ozone, etc...). The point that they were trying to get across was that they took action against the problems that they faced. They didn’t dwell on the doom and gloom of what would happen if the problem wasn’t solved or worry about how hard the problem was going to be. There will always be problems in the world. They will never go away. History is never going to end. There will always be a new problem and the only way we can begin to solve them is by actually trying to solve them.

I know that might sound incredibly stupid and obvious but I think that this is something that many people seem to not realize about life. I most certainly was one of those people and I know plenty of people around my age who have very similar views. Many think that trying is for suckers who are just getting conned by the system. I think that this is probably the dumbest thing that I have let myself believe as I began to grow into adulthood. I have felt an entire personal rebirth just from accepting that trying in life is the only way to get things done. I no longer care if I fail. I will try as hard as I can to not fail, but if I am unsuccessful, those will be lessons learned for my next attempt.

I don’t think that learning to apply yourself in life is a one step process. If you are finding yourself in a point at which you feel as if you are powerless and without direction, I advise you to take the time to find a single thing that you can apply yourself towards. It can be as stupidly simple as drinking more water throughout the day. I cannot tell you what you should be doing to get better. We all know what we can do to get better. Everyone has something that they would like to do or change about themselves. Do it. Making an attempt at something is monumentally better than sitting idly by as time continues to pass. There will never be a correct time to improve yourself. You are wasting your life if you are not trying to get better every single day. I am sure this will come across as self-help bullshit to some but if there is any truth in what those self-help gifiers have to say, it's that you need to start applying yourself.

I was going to continue to rant about how we should all be trying harder but I don’t think that is necessary. I have made my point. This is something I wanted to share because I thought I could maybe inspire someone to get off their ass and improve their situation. What you do with this is now up to you.