



LIVE A RELEVANT LIFE!

By Wade Younger, CSP

Henry David Thoreau said that "The mass of men lead lives of quiet desperation." Can you envision a person that is in a state of quiet desperate? That is a very sad place to be. What puts a person in this state of quiet desperation? Fear!

Too often we live scared. Scared of what we might not be able to do. Scared of what people might think if we tried. Scared of what people might think if we failed.

We let our fears stand in the way of our hopes. We say no when we really want to say yes. We sit quietly in a crowded room when we really want to scream. We shout with the others when we should keep our mouths shut.

Why? After all, we only have one shot at this. So there's really no time to be afraid. So stop being unnecessarily frightful! Try something you've never tried. Risk it. You never know, it might be your last chance. Don't leave anything on the stage of life or the field of existence. Give it all you have. You will be better off and a better person.

Enter a triathlon. Help a young person. Dare to be a hero for one day. Lose ten pounds. Call winners at the toughest court. Throw away your television. Cycle across the United States. Try bobsledding. Climb a mountain. Fight a battle. Speak out against discrimination. Travel to a country where you don't speak the language and live there for 3 months. Call the person you love. Give them a gift. Make them giggle.

If you wanted to be a good runner, you would need to run often. If you wanted to be a great writer, you would need to write often. So if you want to be a person who is not living in quiet desperate, be brave often. It does not have to be anything big. Start with something small. It's the little things that remind us that life is worth living.

But what happens if we failed? No worries. Failure is just a lesson for the next test. Remember, the worth of a life is not determined by a single failure or success. It's measured by the number times we get up and keep trying.



So be motivated. Be inspired! Teach yourself to say words that make you feel good and brave. Say them out loud. Say them with clarity. Say them like you mean it. And then put the "DO IT TO IT!" Take massive action toward your personal goals and dreams.

Don't be afraid. There is no need to be. Live a relevant life. You have nothing to lose and everything - everything to gain.