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This I Believe: Hope Final Draft

While there may be times when we feel defeated, they are temporary; however, our hopefulness remains forever intact. You can never run out of it, and therefore, it should be the spark of the decisions you make in your life. Taking on events in your life with hopefulness and faith in yourself is much more admirable and helpful to your growth as a person than if you accept defeat at the first sign of difficulty. In fact, if you choose that path, you may become the very thing that you hate – a burden; one placed on the shoulders of your loved ones and others. Let positivity in, and let hope be the catalyst of your future.

I have lost all hope before, and it is likely that everyone, at one time or another, has felt the same way. It wasn't until recently that I realized the importance of hopefulness over all other characteristics. It was a gloomy Monday evening; I was sitting cross-legged on my bed with papers sprawled out amongst the canvas of the bedsheet. The only source of light in the room was the final few moments of day peering through the windowsill with vivid pinks and oranges, highlighting the dusty particles dancing about the air. My head rested by the chin in one of my hands, while the other twirled my hair out of frustration.

After a long seven-hour school day, there I was sitting in a pile of more work and responsibility, struggling to think of a way to make it through the week. I was deprived of sleep,

time with my family, and an overall sense of accomplishment. The one thing that I did have in that moment was time to myself; time to think, and that is exactly what I did. I do not know if I will ever understand what exactly sparked my realization; all I know is that something inside of me made me think of the reason why I keep pushing forward on a daily basis, and that reason is my family, friends, and future. Without them, I would be hopeless, and without hope, I would be nothing.

Hope is what allows the kid who shoots a wad of paper into an old peach basket to become an all-star NBA player. Hope is what allows the refugee family to make it to America so the bombs don't keep them up at night any longer. Hope is what allows the single father of three to come home and keep pushing when the days seem long and the world seems bleak. Hope allows us to become the best version of ourselves. The point that I am trying to convey is this: find something that motivates you; something that gives you hope, and act on it. Whether you choose to act on your faith, your future, or your relationships, it will come full circle, and benefit you in the long run. To hope is a universal characteristic that all individuals are equipped with, but it is one that we have the choice to use or not, and that is why it is so important. You do not have to be skilled or wise to have hope. Hope is infinite; it is something that we will never run out of, whereas despair, stress, and pain are all temporary.

Let hope fill the coffers of your life. Let the things that motivate you most free you from the cage of your angst. Let the dawn of a new day speak to you, and it will tell you that everything is going to be alright.