“All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience.”

Henry Miller

1. Introduction
   1. No one wants to associate with someone who is overly stiff, mannered, formal, rigid, or over-controlling
   2. No one wants to spend time with someone who is unwilling to experience feeling and emotion, to truly and 100% be in the moment, and to act without planning
2. We live in a wheel
   1. Repetitive lifestyles and routines
   2. Mental health repercussions of boredom and dissatisfaction
3. We are pressured and bogged down by meaningless stresses
   1. “end of the world” when in the scheme of everything it’s not
   2. We become inflexible and defocused
4. Less creative if we are not challenged by the unknown
   1. What we are used to is easy
5. Why should we?
   1. You can discover what you are passionate about
      1. If you allow yourself to explore you can learn your true interests
      2. When you are focused on your schedule and routine and norm you fail to take notice of the beauty around you.
         1. Moving to Colorado, people being used to the mountains
   2. Excitement and thrill
      1. The joy of life is that we never know truly what’s going to happen next. We should embrace this.
      2. Surprises bring unforeseen adventure and experience
      3. E.E. Cummings said, "Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit."
      4. Takes you out of the moment/”wheel”
      5. Taking risks and letting yourself experience new things freely is what allows us to grow and love
         1. Meeting Austin and my friends
   3. Your plans never work out the way you want them to anyway
      1. Time is a human concept and we need to become more lax with the idea of living life in the moment
      2. Trying to predict the future is impossible, going with the flow is better
         1. Less stressed, happier, and flexible
6. Dangers of Spontaneity (counterargument)
   1. Spontaneity can easily mutate to impulsivity, which is the source of many bad decisions
      1. Including addictive behaviors
   2. Difference Between Impulsivity and Spontaneity
      1. Spontaneity may be unplanned but, far from being unthinking, is based on a quick assessment that the intended course of action is in accordance with one’s values and beliefs.
      2. Impulsive action, on the other hand, tends to be at odds with these according to Financial Times article, “Should we be more spontaneous,” in which the dangers of impulsivity.
7. Conclusion
   1. Spontaneity is our gift given as humans; our ability to exercise our right of free will.
   2. We must break the chains that bind us to mindless society and release ourselves to experience the universe as we were put here to do, wildly and without instructions or plan.
   3. “Some of the best things you can do to make your life more spontaneous, are meeting new people and allowing yourself to be open to new opportunities, traveling to new places and exploring new things, and lastly, allowing your curiosity to explore the wonders of the world.”
      1. <https://www.theodysseyonline.com/why-being-spontaneous-best-way-live>