I took this video yesterday between classes while studying. Since I commute about 50 minutes to school I have my schedule set up to only have classes in-person on Tuesdays and Thursdays. Because of this, I have really long days when I do have class. I usually leave for school at 9:30 AM and don’t get back home until 10:30 PM. I was sitting in Mitchell Hall waiting for my last class long after everyone else had left. Normally, this is the worst part of my day. I’m tired and I just want to go home. As I was sitting there thinking about all of the schoolwork I had to do, I remembered this assignment and the truism I chose “THE MUNDANE IS TO BE CHERISHED.” My situation was undeniably mundane, so I took my phone out to record, and in doing so actually paid attention to and thought about the present. I took a moment to reflect on where I am, and where I’m going, how in less than two years I’ll be done with school and maybe never be sitting here again. How I spend too much time worrying about what comes next and not living in the moment. How I run away from the mundane. For the 35 seconds I was recording, I just sat there and enjoyed the mundane, cherished the moment. The truism is, well, true. The mundane is to be cherished.

What’s more mundane than the daily commute? It’s boring, repetitive, and most people dread it. But for me, it’s also the one time of day where I have no responsibilities: no work, cleaning, homework, grocery shopping or anything else that can be done.