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Spontaneity & Exploration

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I believe in acting spontaneously and trying new things. As humans we easily find ourselves comfortable in a niche and opposed to sudden change, consequently we stifle our journey of unearthing knowledge of ourselves. Given our limited and unknown quantity of time living healthy, limiting or focusing oneself on few pursuits restricts one's ability to discover. With new discoveries and pursuits, we slowly learn more about ourselves, perhaps realizing a new strength.

I myself have found this to be an integral part to my life. As a child I often found myself dragged into sports and activities that my parents had wanted me to try. Without much knowledge to what my skills were or what I liked, I went with the flow. Eventually I found that my parents had stopped dragging me to activities they thought I'd like, but yet I was still in the same monotonous drudge. I had fallen into a mechanical practice because it was the easiest and most comfortable thing to do. It wasn't until one day on a bike ride home from school that I saw my then-to-be best friend go off a dirt jump. I became fascinated with his skill! It seemed like incredible fun. Without thinking, I went up to him and began asking him about dirt jumping. Soon enough I was part of the biking "gang" and dropped my previous routine activities.

Unconsciously, this spontaneous transformation kept with me. Maybe I have undiagnosed A.D.D., but as I completed middle school and went onto high school I found that if I became bored with my lifestyle, I would attempt to change it by starting something new. But, there was one consistency that I had. When trying something new, I wouldn't think about how realistic it would be to practice it, I would instead work with it with the utmost motivation and only give up if I lost interest in trying. It was this philosophy that kept me banging neighbors doors to sell 150 magazines in 7th grade, to join the mountain bike XC team sophomore year despite the unaccepted rank it held with

the biking “gang”, and to lead me to try a Neuroscience related science fair project that helped me discover that I wished to actually major in the subject.

Muhammad Ali once said “The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.” Life is a constant learning process in which we refine ourselves to be who we truly are. Although few have discovered who they truly are early on by a stroke of luck, many of us will travel through life slowly learning more about ourselves, and some will never truly find it. It is this long journey that imbues us with the most satisfaction from having discovered more about ourselves.