



DO YOU EVER FEEL LIKE YOU'RE TRAPPED ?

Like somebody closed a door and locked it and no matter how hard you knock, it seems like nobody can hear you. That's when you feel like just giving up. You feel like it's impossible, like you'll never get out, like you've been abandoned and are going to stay trapped forever. You basically think that your life is over, that there's nothing left to live for. It's at those times that you should keep going because you never know if the next try will solve your problems. Don't get discouraged; it's usually the last key in the bunch that opens the lock.

In life, we encounter new situations every day. Whether it's something as little as losing your favorite pair of earrings or something life changing like the loss of a loved one. Sometimes, you are faced with a problem where you simply feel like you'll always have it, that it's impossible to get through, so you simply don't try getting through it. That's when you truly are a failure. If you study for a math test all night and you end up with a 50%, or if you go out for a sports team and are cut, you didn't fail! The only time you truly fail and are a failure is if you fail to try. If you didn't even bother to study for that test and just wrote random answers, and if you stayed home the day of the tryouts faking to be sick, that's when you fail.

When things seem as hard as ever, those are the times when you really shouldn't give up. People throughout history have been faced with situations that were extremely difficult to surpass, but the fact that they did overcome them, allows us to remember and celebrate them. Albert Einstein didn't speak until he was four or write until he was seven. He was expelled from his school because one teacher described him as "mentally slow." But he never gave up and today he's known as one of the smartest people in history. When Michael Jordan was cut from his high school basketball team, he obviously didn't give up because he became one of the most famous players to ever play in the NBA.

Life is hard. I'm not going to tell you that everybody everywhere is going to be nice to you and treat you like you're their best friend. I'm not going to tell you that you're going to fly by everyday without having a problem with something because that's not reality. Truth is there's no such thing as an easy life. There will always be something or someone standing in the

way of what you want, but that's just the way it is. You have to keep pushing ahead, because nothing is impossible and if you try hard enough, you will succeed. It's like Rocky said: "It's not about how hard you hit, it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward."

The key to success is simply to believe: to believe in yourself and your abilities, your strengths and even your weaknesses. If you set your mind to something and you believe that you can do it, odds are you will succeed, but you have to want it. Not a lot of people get places if they never thought they would make it in the first place. If you don't believe, you probably won't make it and then, there won't be anybody to blame but yourself.

Life really isn't going to be a walk in the park. Everyday you'll have to set goals for yourself and strive to achieve them, that's just the way it works. As you're walking down life's path, though always remember that when that door closes and you feel trapped, there's always going to be a little ray of light under the door. Do whatever is in your power to get to the light because it will make you a stronger person in the end. It may take longer than you think, but keep on trying no matter how hard it is. Take a break if you need to, but don't give up because eventually, that door will open up again and you'll be free and strong and you'll feel like nothing can surpass you ever again. Think about it: "Anyone can give up; it's the easiest thing in the world to do. But to hold on when everyone else would understand if you fell apart, that's true strength."



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