

The power of encouraging yourself

SHAHARIMA PARVIN

Before describing the power of encouraging yourself, I would like to share a story which I heard it from Deepa Kiran, the founder of Story Arts, India.

The story is about the racing competition of frogs:

Once upon a time, the frogs decided that they were going to start a racing competition. As, nobody is interested to see the racing competition of frogs; everybody wants to enjoy the racing competition of lion or tiger or elephant. So, the frogs wanted to arrange this unique competition. This racing competition will be finished when the competitor climbs up the top of fort. All animals came to cheer the frogs. The frogs started racing. Only a few frogs reached the fort and were trying to climb up the top of fort. The other animals who were watching this competition said the competitors to get down from the fort because they will not able to win this game. Then, a few frogs who were going up, started to get down and leave this game. But one fellow did not listen to others and reached the top and won this competition. The vulture who was the monarch asked the winner frog; "Gentleman, I have a question for you, when everybody was telling you not to climb how did you still have the courage to do it" and the winner frog did not reply the answer because he was deaf.

My point is that how did the winner frog reach the top of fort because he was deaf and he was confident that he had the ability to do it. If he was not deaf and had no faith in his capability, he would do the same thing like other frogs. So, if you want to reach your goal what you need is just listen to your own voice; believe in your ability and ignore what other people are saying, only then you can reach your goal. Human beings



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have instinct to think about barrier first not to think about opportunities. A few days ago, one of students told me that he wanted to quit his new job. I asked him why you wanted to resign. He told me that his boss always gives him a lot of works and whenever he finishes the assigned work successfully, his boss do not express thankfulness, rather finds out his shortcomings. I suggested the student to first deem about the opportunities given by his boss for learning new things.

Therefore, young generation should believe that critics are the best friends in their life because they will show how you can choose the right way to survive by overcoming problems. If you think you have lost your path, explore different options and encourage yourself. Look at your past days and you will see you have done a lot of good works. You are the game changer in your life. You have the power to transform yourself and the society. Young people should not be just like a fish which does not know the water. You should set the purpose of your life and move forward accordingly.

Come to an end with Donald Lawrence's Encourage Yourself lyrics (feat. Sheri Jones-Moffett)

"Sometimes you have to encourage yourself.
Sometimes you have to speak victory during the test.
And no matter how you feel,
speak the word and you will be healed;
speak over yourself,
encourage yourself in the Lord"