AKRASIA

by:
Leah D. Policarpio
Teacher III, Sabatan Elementary School

Have you experienced that lack of will that prevents you from doing what you know is good for you? The Ancient Greeks used the word “Akrasia” to describe that condition.

Everyone knows what to do in order to achieve greater heights in life. Everyone wants to be somebody. It may not always be somebody in power, in position, or with great possession, but somebody who is well-respected, admired and looked up to. Everyone simply has an idea how to be there, how to be that, but not everyone has the guts and enough will to push things through.

Taking up masteral or doctorate degree, for instance, is one good investment that will surely pay us back immeasurably. As we already know, education pays off generously. However, knowing this fact does not make everyone enroll in graduate and post-graduate studies nor engage in new things they know are good for them. They do things monotonously for years. The reasons behind this matter include conflicts regarding their comfort zone, financial status, age, time, work, children’s education, busy schedule, family’s support, and never ending reasons.

All of these reasons matter now. And years later, they will still matter. But think about it: Don’t you want to endure a few years of sacrifices today so that you can provide better for the things that still matter for you tomorrow?

Eleesha once quoted, “Through will and determination, we strive unhindered toward all we wish to achieve.”
Lack of will shall not take us any farther than where we are right now. No matter how hard we wish things to be, no matter how hard we aspire to achieve our dreams, nothing will improve. If we are complaining with hardships today, we will still be complaining years from now while saying this to ourselves: “Things could have been better if I had enough will to pursue things some years ago.”

Years from now, you will look back and thank yourself that you had started today.

References:

https://www.google.com/search?q=values+formation&oq=Values+formation&aqs=chrome.0.0i457j0l7.5917j0j9&sourceid=chrome&ie=UTF-8