NEVER GIVE UP ON YOURSELF

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“That’s it! I quit!” “I feel lost and have lost everything!” “I really want to quit my job right now!” “I give up!” You have tried – really you have. But unfortunately, you are not seeing the outcomes and it seems all the efforts are not yielding positive results. And so, you feel like you don’t have anything left to give, no more reason to go on, no more strength to move on. At this point, try to stop pushing yourself too much. Take a moment to breathe and think. Just clear your mind. After all, life goes on.

Sometimes, most people reach the point of quitting. There’s no shame in wanting to quit. According to Roy T. Bennett, “When the going gets tough, put one foot in front of the other and just keep going. Don’t give up.” It actually happens to everyone regardless of the status in life. Hopelessness starts to take over. Pause. Reflect. Redirect. Revive your energy and morale. Giving up is definitely not an option so you should come up about the reasons why you started.

We have felt the urge to give up on something and wanting to give up is normal but giving up is not okay. Nothing worth having comes easy. If we choose to give up instead of working so hard to reach our potentials and dreams in life, we would never succeed. If we give up right away, we are also giving up on the bright future ahead. Do what your future self will thank you for. Focus on your purpose and even the thrill of the adventure ahead.

The feeling of wanting to quit isn’t clear. Maybe you need to just take a step back before continuing on or perhaps you feel like you need a little more budge to keep you going. It is better to keep in mind the best picture of the end result and visualize your
accomplishments. Everyone is born as a winner. Let’s build our own motivation engine and stay motivated even during difficult times.

Reference: