

This iBelieve Essays

You Can't Take Sick Days

by Andrew Rivera

To truly reach your goals in life, you can't take any sick days off, and this means to try your hardest every single day so that your goal will come a little closer to you. The goals that I'm referring to are not the close ones that you can achieve within a month, but the goals that could take years or never be able to be able to be achieved. I know that it must sound crazy that people would make a goal that can't be achieved, but the whole point of it is the journey.

When I was younger, about ten years old, I wanted to become a wrestler and I asked my dad how can I become a wrestler and no, not the WWE type. My dad told me if you try your hardest each and every day you can become whatever you want to be. So I started to work really hard, and I thought to myself: *Why am I not getting results fast enough?* So I started to work even harder, but still that same result. So I started to search on the Internet for answers, but all that would pop up was how many days you need to work not how to get results faster. Then I clicked on one of the videos, and the person said the same thing as every other resource I got, but then he said you need to keep active every single day by going outside, playing, running, all that stuff. I realized that even though I was working really hard every workout day, I was lazy on the break days and that I needed to work out on my break days, but just by walking around and going outside, not lifting weight or doing push-ups.

When I first started working on my break days, I got results fast and I would try and master my wrestling skills every day, and the result was that I got to go to the state championship. Once I got to that point, I thought I'd won it all, but I soon realized that there is never a stopping point and how you can quit at any time.

I had a friend who was on my wrestling team and he was amazing; he would practice every day trying to master his skills and be the best that he could be, but once the state championship came he had lost his first fight and stopped wrestling. If you stop something you really have a passion for in life just because one thing that happened, you will not get anywhere in life because if you give up on one thing in life what's going to stop you from giving up on something in the real world. A lot of people in life say that they want something really bad, but most of the time they just kind of want it, and that why those people in life will never conquer their goals and be the best they could be.