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For, Get In The Game
Article 2:

Hold On to Hope ~ Even When You're Losing Faith For Your Dreams

I had a lot of selfish people, whether they were my friends or family members, in my life. I was always the one who put effort when it comes to friendship or relationship by taking the time to learn about who they are, taking care of them when they needed help, and making them happy. When it comes to me, they didn't bother to take the time to learn about me, or help me when I needed help. I had a wake-up call two years ago when I went out for a long run and took the time to reflect. Everyday at the park during that summer, I would run just to ask myself,

"What are my dreams?"

"What makes me happy?"

"How would I like to be treated as a person?"

That's when I started to let go of the people who I thought were friends and family members and by that time I had completed several marathons, half-marathons, 10K, and 5K races. Running helped me know what my dreams, happiness and values are even more. Most importantly, it helped me believe in myself so much more no matter what people say. But for some reason, even if you do start believing in yourself, you can't help but compare yourself to other people.

Just recently I compared my life to my friends' who achieved their dreams already and are a success. I am happy for them to be able to achieve their dreams so quickly. However, I find myself questioning,

"When will I achieve my dreams?"

"Why is it taking so long for me to get to my dreams when I'm putting so much effort into everything I do and I know where I'm going?"

As days go by, I started to lose faith in my dreams, and thinking that perhaps I won't be able to make it at all because I kept on running into a lot of obstacles. I'm going to

admit I had a difficult time to stop comparing myself with my friends. Even though it was making me feel pity about myself, I've decided to do something that made me happy, which is watching Disney's Mulan movie and having popcorn mixed with M&M candies. It's funny what you can learn when you take time to observe and listen.

In one of the scenes, Mulan was sitting by the cherry blossom while being sad that she didn't pass the matchmaker's test. Her father, Fa Zhou, came to see her and sat next to her. Knowing how sad his daughter was, he decided to comfort her by saying,

"My, my. What beautiful blossoms we have this year. But look! This one's late. But I'll bet that when it blooms, it will be the most beautiful of all."

That positive statement made me smile. Most importantly, it stopped me from comparing myself to people's success, especially my friends, and helped me continue to hold onto hope for my dreams when I start to lose faith in them. I believe each one of us do has the potential to achieve our dreams and make our mark in this world quickly, while for others it may take longer. I learned no matter how long it takes to achieve that dream, there's a beautiful and unique story behind it that will be very inspiring to others in life compared to those dreams that took a short amount of time to accomplish.

So every time another difficulty comes knocking at your door, let it go ahead and test you. You will learn your hidden potential and strength that you never knew you had when you overcome it. Continue to hold onto hope and dedicate yourself to learning more and being better each and every day because you're still growing just like a flower.