

The Importance of Hope

Hope is a crucial aspect of life. One of the very first lessons that I was taught was to not give up. Years later, the words “determination and perseverance” were brought up. In the beginning of my 6th grade school year, my teacher taught us about perseverance. “Continuing on through the hardships that you have experienced,” she had said. However, the very base of perseverance is really hope. When one fails, it’s important to have hope in yourself. Hope is what drives us forward, keeping us from giving into loss and defeat. Being full of hope is a motivating factor that helps you on your journey to achieve greatness. It nudges you towards the right direction and pushes you to keep on going. Having hope in yourself and others is *the* most important element in life.

Hope and despair lie on the two opposite ends of a seesaw. When you lose more hope, despair and feelings of failure and fear become larger and take more control of you. Whilst if you have more hope and determination, those negative feelings die down. In life, hope is an emotion where it is hard to continue exhibiting, and it is definitely easier said than done. Life is unexpected and in a manner of speaking, hard. Consequently, it's necessary to be persistent in your hope. For me, hopefulness and a positive attitude comes hand in hand. People with a more positive attitude can remain hopeful and understand the best in negative situations. Imagine a thirsty man in the Death Valley desert, hoping for water in the endless plains of sand. Ultimately, the man successfully exits the vast desert. Despite his horrifying circumstances, he powers through, with hope that he will find water and sees the best out of his tough situation. His positive attitude uplifts him and conclusively brings him out of the desert. This example perfectly illustrates the ordinary world. When you have hope and a positive attitude, you achieve anything you desire. Keeping your hope alive is not only positive for your mental health but supports you as you take on the journey of life. Maintaining a positive attitude helps you to continuously be hopeful.

As we live through this pandemic, we are chained to our houses, longing for the day that the world opens its arms to us again. Sometimes, it seems as though the world has given up. Hope is the last thing on anyone’s mind. But why? Why should we let failure and fear rise above our hope? We need to have hope. Everyone. Because possessing hope becomes our advantage. We are able to work together, hand in hand to achieve what we want. With hope and a positive mindset, we are able to keep on going and push ourselves through each day. Together, we can defeat Covid-19. So, let’s persevere to understand the powerfulness and importance of an optimistic emotion. Hope.