

Midnight thoughts on Individuality

Inspired by Bridget Pujals' short essay "stop telling people to 'be yourself'". It is hard to be yourself when you do not know or not sure who you are first.

One of my ex-boyfriends was a yoga instructor, so I approached our studio owner and received the training, became a yoga instructor. Another ex-boyfriend was in MBA school when we were together, so I started studying for my GMAT. True stories. So who am I? Am I just following other peoples' dreams and careers? Where is my individuality?

But then I thought about, aren't we all just fragments of other people's inspirations? Aren't we all just little sponges that absorb other people's thoughts and ideas? Who woke up one day and decided, out of nowhere, oh I am going to become a detective? Or I am going to be a painter! I understand people have passions and hobbies, and make careers out of them. I love reading, so maybe being a publisher or a writer is a great path for my career. But I think we are all looking at our parents, our friends, our idols to decide what we want to do in our lives, right? I remember watching CSI and those crime documentaries, and thinking being a detective could be so cool. But then quickly found out you have to become a cop first in order to get to a detective position.

Like Bridget said, how can we "be ourselves" when we don't know who we are, and maybe we will never truly know what we are destined for. And maybe, tragically, we will never reach our full potential or find our true purposes. And maybe there isn't just one purpose. Perhaps we find different ones throughout our lifetime. I once thought I would be an online business owner, and that might still be possible, just not now, maybe in 5 years, 10 years.

Individuality is a funny thing. Who has truly done something that is "individual" or "unique"? We are all influenced by little things, media and, well... boyfriends. I have never heard someone call themselves the "first content creator", but I certainly heard the phrase, "one of the og content creators", like Marianna Hewitt. Because no one invented a crazy brand new thing nowadays. They are all replicas, copies of someone, something. Types of careers are so broad and so complex. You put two fun passion projects together, or you put two compatible jobs together, then you get a new career direction or idea, you create a new job! Maybe you are not "copycating" someone's path, but you are certainly influenced, inspired.

I felt embarrassed and even a little ashamed that I was not living to my fullest, I was not coming up with something that is "me". But that was what I thought people around me were thinking. Because if that feeling is from me solely, then I probably wouldn't follow their paths! More importantly, nobody gives a fuck! Truly, I slowly realized, nobody is looking at me like oh she is doing the same thing as bluh bluh, and if they do, they're not your friends anyway, or someone who is good for you and cares for you, then why do I care? And I'm sure the way I'm doing it is different from them, the way I want my career to be, my life to be, will be completely different from them. And that is individuality.

Reference: <https://www.bridgetpujals.com/stop-telling-people>