

Have you ever been advised to *never* meet your heroes?

Well, that's officially the most delusional and unrealistic piece of advice you've ever received. Because by doing so and a lot of other similar practices, we are subconsciously programming our brain to avoid the dirty parts of reality and embrace solely the glittery and sugar-coated aspects. When in fact, our heroes, just like us, are human beings who are imperfect, mediocre and deeply flawed. We humans often fail to realize that we can simultaneously be a masterpiece and a work in progress.

Self improvement is a lifelong process and the idea of 'complete' self development is a scam. Every moment we spend, every action we take, every word we read is either a step forward or a step backward. But the *process* is always in motion. The trick here isn't to strive perfection or success; it's to simply achieve the power of choice!

We have to learn to choose our steps. We have to choose to step forward in this phenomenon of self refinement.

And the start should always be with the smallest unit of change.

According to some studies conducted on business interpretation, it is shown that entrepreneurs who start their businesses from scratch are 15% more likely to succeed than businessmen who inherit a perfectly established company. My point here is, there are no shortcuts or epiphanies that can change our lives overnight. Even if you win a lottery, the lack of a pre-planned expenditure can bring you back to zero in no time. We need to learn to climb the ladder of self improvement and we need to take it slow. One step at a time will feel nothing different but one step everyday is what will make the *difference*. Even what would seem as an insignificant change like, drinking 8 glasses of water a day or practising being grateful or reading a good book will take us higher.

Once we start to make these little changes, each difference will generate a reaction from our brain due to the secretion of endorphin and that will biologically encourage us to keep going. But here's the catch, this exact same chain of reaction will occur if we habituate ourselves to the backward steps. This hormonal chain reaction leads to a kind of addiction. In fact, we are *all* addicted to the individual patterns of our lives and it's completely upto us if we want that pattern addiction to be directed towards reading good books or secretly smoking cigarettes.

In the end, we are once again down to the 'choice'. But it's not as hard as it might sound. The choices are easy once we accept that our 'heroes' are messed up people who most of the time don't even know what they're doing. We need to swallow the pill that says 'We'll fail'. We'll get

rejected, life will drop bombs of tragedy on us whenever it likes, we'll suffer and our hearts will be broken multiple times. But that's okay because we can always choose to be greater than our pain. And once we truly realize all the risks, we'll start to love the thrills of the *journey* and not the goal. The best part about self improvement is not the development we'll achieve but the *experience* that will take us there. And the best method of self refinement is to *not* try so hard to fix ourselves. It's to accept ourselves the way we are and rejoice in our own uniqueness. If we can just get past the habit of constantly blaming ourselves, we'll automatically start to see all the constructive works we need to do to keep climbing that ladder of development.

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