

Have you ever felt completely lost and undecided about your next move? If so, let me tell you what happened to me at the beginning of this school year ... (pause). I did not know to which university I wanted to go to and what to do further with my life. I felt like there was a lot of pressure on me and it felt like I was held at gun point. This pressure came from literally everywhere. My parents, my grandparents, cousins, aunts, uncles, family friends, and so many other people. They all asked this kind of questions or say things like: what major do you want to study? Do you want to stay here or leave the country, I suggest you decide before it is too late, I think it would suit you to be a ... (pause)

Something you should know about me is that I am usually calm and laid back because I want to keep my sanity intact but... (pause) when somebody started to question me about this specific subject, it was as if the blood was boiling in my veins, and I was about to burst into flames.

Truth be told, I felt stuck between the decision of not doing something at all and just let life pass by me or force on myself a decision which I wasn't excited about. How do you think I finally decided to become a doctor? ... (pause)

In order to escape from this overbearing weight on my shoulders, I decided that there was more to life than just this obstacle. I made myself a favor and embarked on a self-discovery journey. Once you learn more about yourself you can actually make a life-changing decision. I am not saying it was an easy journey, but it is worth trying. Better do something that doesn't necessarily make you happy at the moment, but later it will bring you a life of happiness.

“Action may not always bring happiness, but there is no happiness without action.”

W. James. This quote clearly refers to the fact that by doing nothing all the time, you will not be happy. But there is more to it. Why would someone say something like this? Is it some advice for future generations to embrace the uncertainty of the future? Is there really a big win without taking a big risk? This quote implies that people choose the least change, the least amount of unknown. It is deeply rooted in human's nature to run away from danger, but is it really the true answer? Does it solve anything?

I want to add that happiness is the consequence of an action, and it is logical that without action there is no happiness.

Therefore, be brave, take a risk and enjoy the beauty of uncertainty. Live for today not for tomorrow or yesterday. Happiness is one action away.