

Embracing Change

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We live in an era in which we prefer to stay put and stop ourselves from progressing because something seems hard and or is out of our comfort zone. After all, our monkey brains are optimized to choose the easiest option no matter the cost. It has always been easier to stick with the status quo. It's familiar, comforting and predictable. At the end of the day its human nature.

I too have avoided all challenges during my childhood. No matter how trivial it was. So I have a self-awarded PhD on this subject. However, I have since decided to change, and this how it happened.

In Secondary 2, I was still happily living in my own hermit kingdom. The only time I would attempt anything new, was when I was forced to do it. Then the day came that I had to leave my comfort zone. That day our class teacher assigned us to write a book report and present it to the whole class.

The day of my speech came. I was anxious and felt uneasy. After all, I had no experience in public speaking. But I was pleasantly surprised. The whole class was laughing and enjoyed my speech. This experience gave me confidence in my speaking skills. I was then invited to join the Speech team, which helped me broaden my horizons. I experienced lots of things and met new people. This is when I realised the power of trying new things.

This is why I believe everyone should try new things, no matter how difficult they may seem. Be it hobbies or studies. Who knows? You may find out you are interested or talented in some areas. You will grow as a person, creating new and unique experiences along the way and forging paths you never thought possible. As Neale Donald Walsch once said - "Life begins at the end of your comfort zone."