

This I Believe Essay

- Ellie Rogers

Don't you just hate having to make your bed? As you eat breakfast, you hear your mom's voice yelling, "Come upstairs and make your bed!" You don't want to get in any trouble, so you go upstairs and make your bed. What if I told you making your bed helps you achieve more throughout the day? Would you make your bed more often? In 2014, U.S. Navy Adm. William H. McCraven spoke to the senior class at the University of Texas. He said, "If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. And by the end of the day that one task completed will have turned into many tasks completed."

Imagine this: you are around 5 to 6 years old, you walk out of your house with your mom and dad behind you. The sun shines brightly, the birds chirp and it's a beautiful day outside. Your mom helps you put on your helmet, knee and elbow pads, and your dad brings your bike to the street. You sit on your bike and put your feet on the pedals, while your dad takes a hold of your bike. He gives you the thumbs up to start and you begin pedaling. Faster and faster you go, having your dad run with you holding your bike, so you don't fall over. You keep going faster and faster, until your dad lets go and you're riding by yourself. It's not until you look back that you realize you're riding alone. You want to stop. You want to slow down, but you can't. Stopping isn't an option because you don't know how. You fall over and you scrape your knee. Your mom runs over to ask if you are okay. You say that you're fine, and then you stand back up. She then congratulates you for riding your bike. You get that great feeling inside when you accomplish something big or get a good grade on a test. To you, riding a bike seemed impossible. Now you feel like you can accomplish any task and any challenge.

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It doesn't just come to you.

To me, hitting the ball in softball and scoring a goal in soccer are small tokens of happiness. Completing these accomplishments gives me a boost of energy and pride. In a softball game, warming up before the game is like when my mom yells at me to come upstairs and make my bed. When I go upstairs to make my bed, it's like walking onto the field to start the game. I strap on my helmet, put my batting gloves on and walk up to the plate. A ball flies by me and the umpire calls "Strike!" My coach looks at me, and tells me I am ready to hit. I wait for the perfect pitch, and then I hit the ball. I run as fast as I can to first base and wait for the umpire to call it safe. At that moment my heart is racing and the crowd is calling my name. I feel accomplished, which has all started that morning when I made my bed.

Completing the littlest obstacles in life helps conquer bigger and greater barriers. I believe that success comes within you. It doesn't just come to you. You need to earn it. You have to want it. If you want to succeed in this world, you need a positive attitude. "If you want to change the world, start off by making your bed" (Navy Adm. William H. McCraven). Once you have completed that first task of the day, you are ready to take on the world. This I Believe.