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Moving on or moving forward can have so many different meanings varying from how our perspective on the word is and what we feel and think of when we hear the word itself. Some think it's moving on with your life after experiencing a harsh Break-up or being able to carry on stronger and smarter than ever after encountering obstacles in your life. However, others might think of our technological advancement nowadays and how far we've expanded and evolved ourselves compared to a few decades ago or how we are steering our lives towards the future. So what really is the meaning of moving forward? Well, for me it's the human capability of improving ourselves and being able to turn disadvantages and struggles into advantages.

So what is it that one desires the most when hung up or stuck in life? Our life is determined on our daily actions, what we do, when we do it, or even how we do it. Some people lose their ways and ambitions and get stuck in a specific moment in time, not being able to move forward. And Time will still go on and leave us behind, dwelling on past mistakes. At the same time, why is it so easy for other people around you to move on? Moving forward, whether it's moving on from a breakup, a sudden death of a loved one or a tragic life event is never easy. People say "Just get over it" and move on with your life, but how can one move on when all hope is lost for them? The moment you are hung up is the moment where Fear has taken over your body and mind, isn't it? You fear of what's ahead of you, you fear that you will forget and you fear that you haven't fought hard enough for that someone or something you've let slip away. It's in the human nature to always overthink mistakes that have been done in the past, but it depends on yourself how you're going to let it affect you and how you will learn from your mistakes and move on as a stronger person. "Turn, Learn, Move forward" this is one of my favorite motivational quotes, it's simple yet so powerful. First, you leave behind your fear, your worries and your problems and then you learn from them instead of letting them turn your life into a living hell. Lastly after identifying your obstacles and have learned from them you can finally move forward with your life and continue to make

a difference in the world. So in the end is moving forward really as hard as it seems? I'd say no because nothing is impossible, As long as we try and never give up, that's already the moment you've moved on even if you didn't realize it. So basically moving forward is moving into the future that lies ahead of you. Each and everyday, We humans, move forward into the future. Every step counts as moving forward, Every moment tells a story of someone and every second something is happening in someone's life. We set daily goals of what we're hoping to achieve in a day and when the day ends and we've reached and succeeded in our goal, we move forward with our life and set more goals in the next day. It's like a cycle of life. Having ambitions or setting goals is very important, since ambitions are the thing that will keep pushing you and they will also become your motivations in life. For example, I wasn't born as a native English speaker and I wasn't very interested in learning English either. My parents always told me that I should atleast try and watch movies in English so I would learn a little more English but I refused to do that because I thought learning it is too difficult for me and why should I even do it. But when I started middle school, On my first day we had a small "get ready for school" test and while I was doing the test and started to realize I didn't understand a single word on the paper. So I just quietly sat on my chair and waited until we could pass our tests. I felt so embarrassed that I was the only one who passed a blank piece of paper. My only thoughts were of how scared I was, I was scared that I was going to fail in class and I was scared that if I ever decided to start speaking English my accent will sound funny to others. Because I was terrified of how terrible I will be in English, it set me back in class. But after a few months I saw how good my classmates were and I wished so badly that I could be like them. So I decided to set myself some goals. My main goal was to have good speaking and writing skills, and to reach this goal I've adjusted my whole lifestyle. Everything I did, whether it's watching movies, reading books or talking to others around me. I did it all in English and even sometimes when my friends still made fun of my accent. I just accepted it and kept moving on and practicing. And this is why it's necessary to have life goals and ambitions because they motivate and push you to keep moving on forward in life. Nothing is achieved easily and if we try our best then there's always a chance.

Why is it we move on with our lives even though we know there are millions of memories we have created in the past that remind us of who we are, why should

we decide to let go or how do we even know it's the right thing to do. Well, do we even acknowledge while we're holding onto that something from the past, we are slowly creating a cocoon of despair to hide in and shut the outside world out. But maybe that's exactly how it's supposed to be. Having the time to quietly find yourself once again after losing your way, having time to reflect on your actions and having time to heal from hurting actions by others. When a caterpillar is ready it will hatch and become an astonishing butterfly. The same goes for us, when we're ready then we will expand our beautiful wings and fly away, finally being free and Independent.