

Yok Haomanee

Phuketwittayalai School

Age: 16 years old

### The New Pace

Life is like a vast track field; you are one of the competitors running along its uneven path, trying hard to get through the far-off destination. Nothing is consistent all the way. So, one day, if you get into a trouble that your shoe comes off, or you yourself fall down on the ground, while running, what would you do then? Would you let yourself be left behind and go back to get your shoe, or sit down for a while to ease your pain, or would you just ignore those things and go on to keep up with the others?

Every day, after waking up, most people spend the day being busy with their obligations at work or school, and end up with planning the same way about tomorrow before bed time. This cycle keeps going on and on and is hard to be broken by no one. Because people mostly like to have a stable life. We all have been implanted that success depends on how much money we can gain and how we can outdo the others in the same field of work. Thus, almost our whole lives are inevitably involved with emulation. Some are so obsessed with it that they even forget to recognize that... they are keeping tramping on the same point.

In a race, a runner who strives too much in order to get ahead of the others will eventually find it hard to win. The reason is that he can easily run out of his power because he spends it too much on the wrong purpose. The most effective runner is the one who concentrates only on his track, the one who doesn't expect to be a champion, the one who looks at the goal instead of the rivals, and the one who compete with 'himself' instead of the other persons.

Likewise, if you focus only on making yourself better than others, what you will gain won't be a true success. It will be just a fake covering that draws people's attention and adulation for a time. And once you fail, it all will disappear.

Then, what is the real success?

The Real success is what can make you feel truly proud and happy when you achieve it.

'The Key' to the real success isn't elsewhere. It is 'inside' us; not our bodies, but our minds.

All you have to do at first to get 'The Key' is to "believe" in yourself. Listen to the true desire of your mind, and never let others distract you. After that, remember to always encourage yourself, no matter by a hug, a smile or a good speech from the people we love or from ourselves. Then, do away with all your fear, and bring out your bravery. Get out of your comfort zone. Don't be afraid to think out of the box and to give something new a go. Don't hesitate to open your arm for experiences. Don't be too nervous when you get to face some difficulties. Just take a deep breath, make an eye contact with them, send them a broad grin, and then tell yourself "You can make it". And when your day doesn't go well, just keep it in your mind, "tomorrow is always there for you".

Above all, you must consider 'failure' as your intimate friend; you might see it more often than success, and it always teaches you frankly. Every time it comes to see you, it usually brings some tear to you as well. But one day you will realize, the more tear you lose, the more strength you will receive. When you cry, it doesn't mean you are weak or coward. In fact, Pain makes you grow up, and tear is just the symbol of the growth. It doesn't matter that you fall down, as long as you still have a mind to rise again. As a quote of Abraham Lincoln says: 'It's not about how many times you fall down, but how many times you get back up'. It indicates us that success is to win your heart, not to win other people's heart.

In general, everything can't be acquired without difficulty. But once you accomplish, you will perceive the worth of it. Just like the muscle; to have them requires so much exertion, but the result is worth trying. As same as this one, the most important thing which failure gives you every time after its appearance, 'Confidence'. It's the consequence of every 'bitter-sweet' lesson you have experienced, which will gradually build a sturdy armor around your mind. And one day, unconsciously, you will

become a new person who is stronger than ever. Then, nothing is going to be difficult for you to take a 'New Pace'.

However, to move forward, we have to learn from not only our bad experiences, but also good examples. Because while the bad ones are building us immunity, the good ones is also giving tonic to us. These are some people who can be a good example. The first one is Winston Churchill, one of the world's Great Leaders and Heroes. Although he could come to that point, he had also been through an imperfect life before. In his childhood, he used to be a good-for-nothing child who never paid attention to the studies because he didn't like to be forced to do or to learn what he didn't want to. But when it came to what he liked, he would put his heart and soul into it. His hate for Latin became an advantage that made him specially feel interested in English. Later, he became professional in using the language. And when he became a politician, his compelling speech impressed people's minds widely and made him win an election. But before that, Churchill had made a mistake, too. When he still served as Chancellor of the Exchequer, he returned the pound sterling in 1925 to the gold standard at its pre-war parity, which caused deflationary on the UK economy. Though, after resignation, he made a comeback to prove himself and was accepted by people again. He succeeded when he got a chance to participate in the battlefield where he could utterly display his potentiality. During the Second World War, he could bring out his genius successfully by making an encouraging address to form morale in English people amid the desperate situation of being inferior to the German Army. Together with his tactical plan, Churchill finally led Britain to an allied victory.

According to his story, Churchill became successful because he always improved himself in the way he loved. He never gave up on his effort. He had a very strong determination and an ambitious mind. And above all, he could find his talent and use it effectively to create a worthy and outstanding success.

Actually, everyone has their own power inside them. It's all about how you can bring it out and use it correctly to create a worth.

Another good example is Dr. Glenn Cunningham, a world-class runner who never get dispirited by his handicap. The fire accident took away his lower body when he was

eight. At that time, most people were hopeless about his survival. And even if he could survive, he would surely become a cripple for the rest of his life. Surprisingly, he amazed people by his ability to survive, despite his unavailable lower body. Instead of being despaired, he never gave up on his thought to bring back his ability to walk. One day, he decided to throw himself from the wheelchair onto the ground, dragging himself all the way there. With persistence, he kept doing it every day. Eventually, he could stand up by himself. Later, he kept improving himself until he could walk and run again. Then, he joined an athletics team. And In February 1934, he set the world record by being the fastest runner of the time.

Starting from 0 doesn't mean you can't reach the 100. Glenn's story profoundly teaches us that, even in the lowest and darkest place of your life, there is still light. It's the light of Hope and Faith inside your mind, which will finally lead you back up to the brighter place again. Another important factor to carry off the worst day is 'Persistence'. It will impel you to go forward and control you not to be out of the path, even when you see another easier way to go. Just as a Thai proverb says: "Forego the sour for the sweet".

To put it in a nutshell, 'The Key' is your attitude. So, after you got the right key, get ready to take your "New Pace" to start moving forward to find 'The Lock' that suits the key. Make your mind a baggage and bring your experiences along with you. Keep on watering the seedlings of your intellect and your creativity. Be persistent with your goal. Be alert for the upcoming situation. Ignore the dogs' barking. Confidence and optimistic thinking will be the quality fuel to make you move forward efficiently. You will never know whether your path will be rough or smooth, and whether the scenery along the way will be pleasant or dull. Also, you can't choose the opportunities; they will choose you instead. The only thing you can choose is to go forward or to go backward.

Sometimes, it's not wrong to take a pace backward, in order to make a new better one. Besides, there's no need to regret the wrong pace you took, and to worry about the next step you haven't taken yet. Just be conscious with the present pace. Because "It's not Future Tense or Past Tense but Present Tense that is real". Yesterday

is irreversible, tomorrow is intangible, but today is at hands. Make your today's pace the 'strongest' pace. We have nothing but time as capital, so, use it worthily. Create a memorable 'yesterday', a valuable 'today', and make 'tomorrow' be your precious gift.

To sum up, it doesn't matter that you stop running to put on your shoe again or keep on running despite the pain, and that you sit right there and rest for a while or stand right up promptly to go on after your falling down, as long as you believe in 'The New Pace'.