

“Reaching your Dreams by Choosing Optimism”

What is the easiest way to achieve one’s dreams? Most would say hard work, while years are spent trying to achieve a goal with nothing to show for it. Some give up while few persevere. I have found that optimism is the key that we all need to reach our goals. Optimism is defined as the characteristic of being hopeful and confident for a successful outcome. This confidence and hope for a positive end result makes you more likely to achieve your goals and dreams, whatever they may be.

Snowboarding has been a dream of mine for a while, so recently I took it up. As effortless it may seem, it is not a walk in the park. For a long time I mainly crashed and fell; I had to learn to walk all over again. There are obstacles around every corner but one must carry on.

Snowboarders use the chair lift to reach the top of the mountain. Getting off of the chair lift is a challenge because it does not stop. You have to stand up and somehow push yourself forward and slide off. The only problem is that I had nothing to grab onto to keep my balance. So, I ended up getting hit by the chair lift swinging behind me. That nudge pushed me forward, but too far forward. I ended up bending the front end of the board. I was devastated. I ended up having to walk back down the mountain to get a different board. On my way down, I asked myself if I should just turn in the board and go skiing instead. I had been skiing for years so I knew that would be much easier. However, I decided to give snowboarding another shot. After getting a different board I returned to the chairlift. Exiting the chair lift was much easier this

time because I watched the person in front of me push off from the seat. So, I followed in their footsteps.

After that rough start I felt ready. After strapping both feet to the board I tried to stand up. Normally this would seem like a simple task. However, your feet are not usually attached to a solid board. I would get really frustrated when I almost stood up and then fell. Once I had finally figured it out, I turned sideways and started sliding forward. I was instantly filled with joy that I had done it!! I was snowboarding!

Next thing I knew there was a girl sitting with her snowboard right in front of me. I tried turning the board ever so slightly to avoid her and ended up losing my balance. I fell backward toward the snow and started rolling down the hill and hit her. I was in shock of what just happened and didn't know what to do.

I looked at her and asked if she was ok. The girl then looked back at me to say that she was ok and, "I was a beginner once too. All you have to do is keep a positive mindset, take it slow, and get some ice packs when you get home. The numerous falls are all worth it once you figure it out. It takes time. You won't regret it." She then got up and snowboarded away. Her grace was beautiful. At that moment I did not know what to do next. I sat up as I contemplated the situation. I was hurting everywhere from the countless falls. Do I take the easy way out and just take the snowboard off and walk down to avoid more pain? Or take her advice and try going slow and have a positive mindset?

Her words haunted my thoughts. I didn't want temporary pain to stop me from reaching my goal. I knew that I would regret giving up and her voice would continue to torment me. I understood that I can sooth the pain, but regret lives with you forever. So, at that moment I

chose optimism. I decided to have a positive mindset and not doubt myself.

I then realized that snowboarding is like life. When something pushes you down, gravity or life's obstacles, you must get back up and try another way. Whether the fall is major or minor you have to stand right back up, look ahead, and get ready to face your next challenge. It is necessary to be filled with optimism and never give up on your dreams.

Optimism makes you believe that you can do anything you put your mind to. This will be the self confidence boost you need to help you reach goal after goal.