

ACTIONS SPEAK LOUDER

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"I want to see you shoot the way you shout."
- Theodore Roosevelt

Actions speak louder than words. If you mean what you say, then the next step that should follow is some form of action, or activity, to back it up.

Don't say, "I wish I was thin", and then reach for the candy bar and diet coke. Can't you see how illogical that is? That's like saying, "I wish I could breathe, but I can't give up my cigarettes." Food and smoking are both addictions, but doesn't mean they can't be conquered.

One of the worst forms of "I wish" are these two:

1) "I wish my life didn't suck." Well, why does it suck? What have you done? When do you think you should do something about that? How much time do you think you have left? And, where, oh where, is your common sense? If your life sucks, do you think anyone else is going to want to touch *that*? If you don't do something to improve yourself, and sure as heck nobody else is going to, then you deserve the predicament you're in.

2) "I wish I didn't do *that*." Now, whatever *that* was, it's too late to take it back. If you acted like an idiot, call it like you see it. Every one of us has acted like a fool in the past, and we're just more than happy to repeat the cycle again and again and again. The only idiot is the one who *always* acts without thinking.

You might be surprised to hear this, but life wasn't meant to be so serious, or hard, or depressing. Life is meant to be enjoyed to the fullest. Do you want to know the real reason it is necessary to work for most of our lives? Because we need to get away from ourselves and be a part of something bigger. Money is not a necessity to our well being, but having it, or not having it, teaches us a lesson about responsibility, or irresponsibility. We don't need large quantities of food to survive, but having choices teaches us about self control and discipline. We don't need half of what we do have, but having it proves nothing can make us happy unless we're truly happy inside ourselves, in a place where the only thing that matters is priceless.

If you're going to complain about anything and then do nothing, it doesn't matter what you want. What matters is the act of doing something about it, and trying.

Actions prove your worth and courage. Inactions strip you of both.