

A DECADE AFTER

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"How do you see yourself after 10 years?" This question made me think and seemed to be the hardest. It requires an estimated vision, weighing others' and your expectations. It requires the urge to foresee the future ahead of you. Will you be the person you wanted to be or the person that others dictated you to be?

"Existential crisis is when a person starts to wonder about the purpose of their life, and what exactly life is", states Katie Liekam, a licensed therapist from Decatur, Georgia, who specializes in working with gender identity, relationship stress, and anxiety. People with an existential crisis, how are you going to answer this? Even today's purpose is hard to define, the burden of "nothing" that keeps you going. Are things you like and are passionate about will still come into existence? Are they worth fighting for? Are they just the things that are a part of your timeline, that will pass over time?

Today is the most important time to define yourself. "Self-concept is an individual's belief about herself or himself, including the person's attributes and what and who the self is" defines Baumeister (1999). To know yourself better, assess the things you are capable of doing. Identify your strengths and weaknesses, and focus on your timeline. You can get inspired by looking at others but never pressure yourself by comparing theirs to yours. Every person has different paths, covered with different experiences, good or bad, you must take those as an opportunity to grow. Following your happiness may not work all the time, but it is a must consider.

Also, take into consideration the people around you. They will give you different perspectives and broaden your ideas for your future. Their experiences also matter and they might help you to make practical decisions.

Today is the decade since I have received that question. I took the challenge of following others' dreams for me and got all the support in return. The process may not be easy, but it is the reason where I am today. I learned to love every detail of this profession and gave my best in everything. I am glad not because I followed them, but because I can manage to choose happiness in everything that life has to offer.

References:

Valencia Higuerra (2018). What Is an Existential Crisis, and How Do I Break Through It?

<https://www.healthline.com/health/existential-crisis>