What kind of life do you want to live?

Have you ever taken something seriously before? Before entering junior high school, I didn't take anything seriously, not even sports or studying. It's because I didn't try hard to others. I used to think that even if I tried my hardest, I wouldn't accomplish anything significant. It was easier to just do things without trying too hard and get them over with. But I lost my motivation and confidence.

After I started junior high school, I joined the table tennis club because it looked easy. Then, I competed in a tournament. I played a match without knowing anything about table tennis and I lost my first match. In sport, the winner and loser are clearly defined. Up until then, I had never experienced losing. I didn't have any specific goals, and I didn't really want to win. But I was frustrated. At the same time, I enjoyed being passionate about table tennis.

Since then, I have practiced solely to win. I practiced even outside of club activities. However, I still couldn't win. It was a hard time for me. I started to think that I had no talent. Yet, I kept practicing without giving up. But still, every day was a struggle.

After playing table tennis for two years, I won a few matches. I was very very happy to win and get a point because I always lose. I felt happy about

winning. I realized that my progress was slower than others. It was worth the effort, and I was definitely growing.

After that, the final tournament began. My goal was to win the third match. (the result was …) I lost. But I had fun because I played well. So, I have no regrets.

Sometimes, no matter how hard you try, you just can't win. There are some goals that, no matter how hard you try, you just can't reach. Some people say that results aren't everything, but if we can't see results, we get nothing out of it. We can't change anything. However, results achieved without effort have no value. I focus on building up my efforts because I think the value lies in that process.

From these experiences, I think taking something seriously means prioritizing results more than anything else and valuing possessions more than anyone else. It's not all fun. But I was able to experience certain emotions and achieve certain levels of growth precisely because I gave it my all and was so focused on the results.

I believe that people need to experience losing, winning and giving something their all in order to grow. The world would be much more interesting if everyone had at least one thing they were truly passionate about. What kind of life do you want to live?