

4 CLICHE QUOTES



TO GET YOU THROUGH HIGH SCHOOL

BY NINA

One year into being a school leaver and I still get that weird tingly feeling when I see students in their school uniform. Not only am I constantly being hit with the realisation that I am now done with school forever and now considered an adult, I also get a dose of nostalgia. "I used to be one of them!!!!"

Now, I'm not going to be one of those people who tell you that high school days are the golden days of your existence, but I won't deny that it is a super exciting time. It can be quite overwhelming to think that you have your whole life in front of you. But that's exactly the point; you have your whole life ahead of you. Now is the perfect time to start working on those dreams. Now is a good time to start thinking about your future, to make some initial plans, meet interesting people, have your heart broken, learn a sport, learn a language or two, and ultimately - it's a good time to discover and create who you are and who you want to be.

Whilst I'm still disappointed by the fact that high school wasn't a big musical where we could sing and dance our way through every life crisis (side note that my middle name is Gabriella), the good news is I still survived it. So whether you love school or can't wait to get out, here are four quotes to live by.

1. "You're only as good as the people you surround yourself with, so have courage to let go of whoever brings you down"

The famous saying that "you are the average of the five people you spend the most time with" pretty much sums up the importance of keeping good company and having positive associations. High school is a good time for growing - With this in mind, you should think about the people you're spending time with the same way you think about what you eat and how you're exercising. Are they good for you or are they causing you to feel bad about yourself? If it's the latter, you have some reevaluation to do.

This quote will come in handy even after high school ends. Trust me when I say that your circle matters. When you spend 5 days a week with people, they generate the opinions, humor and points of view that your mind is continuously subject to. This means that the people you're friends with can change—even create—who you are. So surround yourself with people who inspire you, who encourage you to do better, who believe in your dreams and are willing to help you achieve them.

At the same time be that kind of person to your friends.

mentor
me
collective

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2. "A flower doesn't think of competing with the flower next to it - it just blooms".

We all want to stand out and make our mark in this world. Unfortunately, this drive can often cause us to get caught up in what another has, and try to compete, or force, or become greedy without realising what we already have within ourselves.

This quote is a brilliant analogy ; A flower doesn't care what is next to it, or what, when, why, or how it's going to bloom. It only worries about blooming itself, and fulfilling it's own purpose. And, by doing so, it gives off so much to the world for all to see its beauty and becomes even more inspiring.

When we compare all that we have against that of another, we only see what we lack in comparison to what another has. This not only breeds self doubt, but also hinders us from unleashing our unique talents and our own quirks that make us, us.

High school isnt a race - we're all in this together. One thing to remember when you fall into this mental pattern is that everyone is on his/her own journey. So Instead of falling into the comparison trap and feeling sad because you think you're not doing as good as other people are, just do you! Blossom at your own time and at your own pace. Realise that no one is like you and that is your super power. Wish people well, help people make it and bloom without seeking for approval as the flower does. Trust me, you'll sleep better.

3. "Doubt kills more dreams than failure ever will"

You know those ones. The little voices that taunt you.

"You probably cant do it"

"Youre not good enough for this"

I've spent long periods of my young adult life in fear and self doubt. And like a lot of people, I still find myself constantly struggling with confidence and always second-guessing myself. I know that I shouldn't doubt myself, but we all know that this is easier said than done. Sometimes, even with countless screenshots of "think positive" quotes from pinterest and instagram, it still creeps up on you. I've learnt that with time, a lot of meditation and understanding, you can actually use self doubt for your benefit. Even if you think you can't, you probably can - so my strategy is just go for it anyway! It's such a shame that a lot of us spend more time being our own worst enemy instead of being our own best friend. Eliminating self doubt starts with treating *clap* yourself *clap* better *clap*! After all, you have the rest of your life to spend with yourself, and you know deep inside that you got what it takes! ;)

Bottomline is, believe you can. I swear by this quote. You are more capable and worthy than you give yourself credit for. Transform negative situations into an opportunity for growth. In the end, its all about backing yourself and giving yourself a chance to be the best you can be.

4. "What a wonderful thought that the best days of our lives are yet to happen"

When people tell you that high school days are the best days of our lives - don't believe them. Sure, make the most out of your time in school, but never forget that this is just the beginning of a very very exciting journey.

There's soooo much more to life! School is important and so is working hard - but lets face it. Getting an Excellence on that Chemistry internal probably wont matter in 5 years so there's no point in pining over it. Your friends? They might remain your friends or they might not. But just know there are many more waiting to meet you. That guy who broke your heart? He's just not the one. He was one of your many lessons in life. You will finish school and be on your way to a much more exciting life (#adulthood) on a path that you may or may not have seen yourself on five years ago. Truth be told, you should be very excited. There is so much more to life than high school, so go out and experience everything you want to experience. Be who you want to be. Learn everything that you need to learn. Love whoever you want to love. Once you do that, go out and change the world. We need you to.

