

“Just keep swimming”

I once met a wise man who told me one thing that changed my perspective on life. Just three simple words can have such an impact. The quote “just keep swimming”. At first I didn’t understand it but after some time I got it more and more.

Our life is one long path but it’s seldom a straight line. It has ups and downs and sometimes we get stuck, we get overwhelmed by life. We lose the sight of the path. It’s like we drifted off the safe coast and are in the middle of the sea, not seeing the shore anymore.

The attempt to keep your head above the water seems hopeless and we would rather drown than seeing the attempt to get back fail. We don’t want to face the way back, the issues, obstacles, setbacks. But no matter how tough the water gets, “just keep swimming”, move forward. You will get exhausted but you will reach the safe shore full of success and new possibilities at some point. So, do not let the heavy waves drown you, overcome them and reach the next shore. You might reach shores you never thought would be on your way but that doesn’t mean they weren’t supposed to be there. Be open-minded to the unknown and especially be proud of how far you have come.

You already managed the one or other difficult times which brought you where you are right now and taught you who you are. If you just keep swimming, you are always going to end up somewhere and find yourself at a better place. The fact that you didn’t drown shows that you are strong, determined, and unstoppable and that you have so much potential.

Therefore keep striving for your dreams, keep believing in yourself, stay strong, learn from the past, but never doubt yourself and never give up. The journey might be long and rough, but with each stroke, you are getting closer to the shore, your destination. So, what I want you to keep in mind is that no matter what challenges you, no matter how rough the water may become, remember those three words: “just keep swimming”.