

## Thoughts of an Overthinker

***“One day, in retrospect, the years of struggle will strike you as the most beautiful.”*– Sigmund Freud**

Being a former student of Psychology, the words of such eminent trailblazers are pivotal in the process of my holistic growth and development. For me, the true beauty and the triumph will lie in a sense of realization. As we look back and see how far we have come, we will seemingly realize that at some point it was the same old us who might as well have felt a little uncertain about the kind of potential we possess and about how we were to match up to it while trying to expand it at the same time. Herein, nothing but sincere dedication and determination can truly lead to an experience that would always remain unmatched because of how enriching and wholesome they would turn out to be. As, such an experience is bound to lead to a positive and a relatively permanent change in our behaviour and would most likely continue to do so as long as the learning is taking place - which I hope never stops for anyone! The mention of holistic development has been made with regards to this. So that the weight of its impact in our lives can be recognized and acknowledged.

It is known that the holistic approach refers to the social, emotional, mental, physical, intellectual and spiritual development of the individual. Thus, the importance of holistic development can be understood through the very meaning of that profound term itself. Needless to say, all the above needs are required to be met optimally for the fulfilment of this fascinating process. Growth is a lifelong journey, so it is imperative that each and every one of us are going through meaningful changes during the various crucial stages of our lives. This is what I have learnt that helps us to become a responsible member and a healthy contributor in our society, both personally and professionally. Otherwise, the person might take a turn for the worse, that is, become maladjusted as well as lose their feelings of belongingness and hopefulness. We all know that one of the various negative outcomes of it is self-destruction and that is detrimental to not only the individual in question but also the people around them.

Moreover, another thing that I have learnt is that ‘Introspection’ is something that can prove to be extremely valuable to ensure that we are not faltering in any possible way. Ask questions, not just to others but to yourself as well! One who has actively introspected will know that only a few other things can be as insightful and motivating as that, isn’t it?!

The focus should be on not losing the touch with oneself, which might as well be possible even without us not knowing. It will not just help us to monitor our growth and make progress but also will enhance our goal directed behaviour, that would be brought about by us reflecting on our past achievements and failures as well our future plans. I came to understand its importance once I began to know the bliss that lies in organizing our thoughts and actions, in other words, our Minds just as we organize the different things in our surroundings. Clearing the clutter has always made room for better things. Also, any individual who is truly invested in their goals would involuntarily develop and manifest the positive signs that is being discussed in this extract time and again. I am mentioning it because this to some extent is what I have seen within myself and attempted to hold on to with all my Will power, that forms the basis of life for every human being. This reminds me of **Nietzsche** who once said, ***“He who has a Why to live for can bear almost any How.”***

Having said all this, I also need to say that whatever I have learnt in the years that leads up to the start of my career has helped to observe, evolve and proactively learn and lay the foundation for yet another phase of life, that according to Freud might as well be the most beautiful, with the challenges and the sense of fulfilment that will follow once we overcome them! Similarly, I feel that the work experience is also shaping my outlook and reflexes in a way that would allow me to view and perceive things in a different light

altogether, that would in turn assist in the process of handling personal challenges in the most effective way possible. In a way that would help to leave a mark no matter where we go or what we do – something that all of us might hope for!

I would like to conclude by saying that I will always believe in the fact that nothing can undermine the charm of Wisdom. Moreover, once we start to implement the lessons learnt as well pass it on to others who need it, then our days of glory would be closer than they previously were.

However, I do not think that I would be able to properly end this piece without quoting the words of **Sir Isaac Newton**, ***“What we know is a drop, what we don’t know is an ocean.”***

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