

**Chanae Barr**

**The University of The Bahamas**

**Laws of Life Essay Topic: "Progress depends on diligence and perseverance"**

The Dash. Within this journey that we call life, one is given a date of birth and a date of death. In between these two dates is a small dash... small yet profound. This dash represents everything that was done in the span of your life. When this life is over, when everything is said and done, what do you want to be said about your dash? Were you a person of progression or did you sit in stagnation? Did you achieve all that you set out to achieve or did you wallow in fear? In order to progress in this ever-changing world, one must take action, apply diligence and follow through with perseverance.

In order to see progress, you must first take action. Natahsha Hastings says, "You'll never know what you're capable of until you take that first step and just go for it". There are many people who die empty, never getting the chance to tap into their full God-given potential, simply because of fear. Some fear the unknown, while others fear failure. Nevertheless, progress relies on a mental mandate; you ought to say to yourself, "This is what I want, and this is what I shall get!" In Habakkuk 2:2, it says to write the vision and make it plain. This alludes to the fact that not only should you develop the thought in your mind about achieving your goals but take the time to write it down and it will come to pass. Take action. Take that first step. As The Bahamas approaches its fiftieth year of Independence, one cannot help but to reflect on the substantial contributions made by those who took the first step. What if Sir. Lynden Pindling did not take that first step? What if the leaders of the Women's Suffrage Movement such as Mary Ingraham, Georgiana Symonette and the team did not take that first step? These individuals, along with so many others, opened the door for progression in this rich nation, but it could not have been done without taking the first step. You are no different. You can make a difference, whether it be in your life or in the lives of others. You can contribute to progress, but you cannot do so without taking the first step.

In addition, in order to see progress, it is of the utmost importance to apply diligence. Diligence is defined as 'conscientiousness in paying proper attention to a task' ("Diligence - Definition, Meaning and Synonyms"). I absolutely love that definition, as it highlights the act of carefully contributing to or making deposits into something. In this season, you cannot afford not to be careful. There are people who are earnestly praying on your downfall. Frank Ocean said it best, "Work hard in silence, let your success make the noise". Whatever your goal may be, focus on the task! Diligence in progression necessitates being intentional. For example, if you know that you want to lose weight, stop hanging around people who love to indulge in fast food. It is okay to say no. You have an assignment and the only way that you will be able to see progress is to put in the work. Another example has to do with having a growth mindset. If you want to develop a growth mindset, you must separate yourself from those who are of a fixed one. A fixed mindset says that I am not good enough, but a growth mindset says that I am and if not now, I will be good enough. However, this does not come overnight; it takes diligence. Progress calls for a shift in the trajectory of your thinking – put away the former things and press on to the mark! (Philippians 3:13-14)

Finally, in order to see progress, not only should you take action and apply diligence but also follow through with perseverance. Have you ever wondered why some people set goals on January 1st and by January 31st, these goals start to dwindle; that is, if they haven't already been eradicated? This is because many do not follow through - they do not persevere. Ecclesiastes 3:11 is summarized by noting that the race is not for the swift but for those who endure to the end. There are many people who want to be able to yield fruit but do not want to plant and nurture the seed. I am a living testament that progress is directly connected to following through with perseverance. It was in August 2018 when I started my journey at the University of The Bahamas. I took action. Along this journey, with every new semester came a new obstacle. It was a fight to get into classes, it was a fight to remain on top, it was a fight to strike that balance between college and all the other extracurricular activities in which I am involved. It was a fight. Despite this, I remained diligent, but that was not enough. I remember wanting to drop out of college two weeks prior to teaching practice! I could not do it. But...God! I persevered! This May, the seed that was planted and nurtured with diligence will reap the fruit of graduation because of perseverance. It is so important to make your goals a lifestyle. If you want "x", operate in that mindset. Someone once said that if you want to become the CEO, walk as if you are already in that position and your mind will train your body to operate in such a manner. Do not give up!

In conclusion, progress is indeed dependent on diligence and perseverance. There is a plethora of opportunities available to those who are willing to go and get it. In order to see progress, one must take action, apply diligence and follow through with perseverance. This brings me to the question, when this life is over, when all is said and done, what will be said about your dash?