

# True strength essay



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True Strength An Indian philosopher by the name of Mahatma Ghandi once said, " Strength does not come from your physical capacity. It comes from an indomitable will. " In other words, when you face an obstacle in your life that you feel you can't make it through and you've given up all hope, there is an unconquerable force inside of you that gives you motivation and true strength to overcome that situation. I can relate to this term because I have been faced with daily struggles and hazardous scenarios while serving a tour of duty in Iraq.

True strength has helped me and my men, accomplish missions safely and successfully. True strength is needed to help defeat struggles, and is used to find happiness and great success. We face obstacles in our lives that feel impossible to overcome. Imagine your first parachute jump; you're sitting there, hooked up to your harness, waiting for the doors to open up. The fear starts to build up inside of you, and you start to have second thoughts. This is where you need to find your true strength which will get you out that door.

Whether you overcome this certain circumstance depends on how mentally focused you are. If you do find the strength that gives you the willpower to jump out, you overcame a fear by motivation which leads to greater rewards. This is an example for every situation you face that becomes difficult and hard to overcome. If you continue to back down from struggles that you know you can prevail from, you will never face your fear. On the other hand, if you dig deep down inside of you and find that inner force, you feel accomplished and able to overcome any adversity.

Finding happiness is difficult when obstacles in your life have an effect on you. An example would be a person that is physically disabled, spending their whole life in a wheelchair. Realizing that they can't do certain activities other people can do, they understand their lifestyle, and accept it with happiness and a smile. You will face times in your life where you fail, such as your driver's license test, don't give up, wake up the next day and focus on striving to accomplish it which will bring happiness.

In your harshest times, family members and friends will always be there to encourage, motivate, and love you. The greatest feeling in the world is happiness, no matter the problems you face in life; you can always pull yourself back together. Every day I find true strength to force me through the biggest and minute struggles. Whether it's rolling out of bed in the morning or facing harsh experiences in Iraq. There have been many times while I was overseas that my mind and inner strength controlled my whole body, I found strength inside of me I never would have believed anyone could feel.

It motivated me and pushed me in a whole new direction, gave me more focus, and purpose to get our mission done no matter what situation arose. I felt like I was standing on top of the world, feeling indestructible, which could be dangerous over there. Once I found my inner strength, I know now I can overcome anything if I want to succeed in life. That's what it takes to find your true self, you need a challenge that will get in your face and make you find the willpower to achieve it.

If you are having difficulties in life, and facing daily struggles without success. Push yourself farther than you could ever imagine, your true strength will come out and you will succeed. Once that true strength is found, rely on it, and know that it's always there when you need it. Every challenge you face and conquer will bring joy and happiness and a sense of accomplishment. Trust your willpower and true strength; they will not let you fail.