

Good agent of change in my own life essay example

[Psychology](#), [Success](#)



If you heard the word feminist, what is the first image that comes to your mind? You would think of a man – hater, lunatic, or a woman who yells a lot. Thinking this way harbors serious misunderstanding about feminists and feminism. Feminism is a belief in political, social, and economic equality of the sexes, the movement that is organized around this belief. This is very clear that if you believe that a woman and a man is treated as equal politically, socially, and economically, you are a feminist. The fact that the word feminist gets a lot of negative and harsh treatment, with this some women are afraid to consider themselves feminists (Heather 2011). In addition, some men are pro feminists or feminists but many men shudder if labeled as feminists. It should not be this way; people need more understanding and are educated about feminism.

The oppression of women in mostly developed countries is devastated and not recognized injustice, an equivalent of slavery and demands moral or political movement. Its principle is focused in the campaign against slavery, a possibility to end oppression of women (Pande 2009). The practical ways are needed to create this movement and should definitely effect the change necessary. Girls and women die every day all over the world in a large numbers from violence; diffuse cruelty of indifference, not enough medical care and practices that betrayal of the worth of the life of women (Nussbaum 2009).

As heard from your friends, in the middle of the conversation, words slip out saying that she is not good enough as a person. You worry most of the time, for example, while in the gym you worry about your work. While working you worry about how you missed the last episode of a movie series. People are

relentlessly driving themselves worrying everything toward perfection like taskmasters. This commonly asks question, can women really have it all? The feeling of being exhausted and guilt remains constantly by reaching the unreachable. What is the best thing to do? Every woman can answer this question with her definition of how to fulfill the life or to have it all.

A woman that I personally appreciate on how she became successful on her career. She is a working mother of a 14-month-old son and a wife of a technician. We had this conversation and I raised these challenging questions with her.

- Being successful in your career, are you keyed in to where your passion lies?

Answer: Working with many women over the years, the common hurdle I personally experienced is retrieving dreams and passion in my life. As kids, we all had these ideas what our adult self would have to be somewhere our journey. My life is closely connected to my interests and passions. The moment we grow old, somehow, those dreams fade and we make detour. I chose a job that is more realistic and of course fits the bill. Then, at my mid life, I try to discover what my life has to be. Finding a forum where I can explore those options is the best way to renew energy in my life.

- Did you encounter limiting ideas you have about yourself that keep you in a cycle of guilt or inaction? What are those limiting ideas?

Answer: There are common areas of concern for a woman. What does being a good mother mean to you? How confident are you about your capabilities? How do you integrate your strength into your life? The happiest and most successful have tailored my life that concentrates on my strength rather

than what is normative. The primary identity comes from a positive characteristics rather than the concentration on what is missing in my life. My life and my work is built around my strength. At the end of the day, all I want is to feel good about what I am doing and feel well appreciated. If there is, something happened that is not quite right, I make sure to do the right thing to make it right.

- What is the fundamental motivation behind your goals and dreams that made you successful?

Answer: When I was younger, I wanted to become a doctor. A set of circumstances took me away from that ambition and I went on to earn my Ph. D. I feel that my current profession fits more within the bounds of my childhood ambition. I always wanted to help people and now I do that on a daily basis in this career. I also do public speaking that feeds into my interest in interacting with audiences. The realization of the skills developed in my previous job indirectly transfer to my next career. There is a buried treasure in a second career path that surely nurtures my primary passion.

- How did you put yourself in the right environment to receive the right kind of support for your success and a great inspiration to others?

Answer: I need to be in accordance with my own nature and know under which conditions I am at my best. As a person, you should thrive personally and know the people who give you energy or give you encouragements. I make sure to put myself in situations where I am building my skills and experiencing the growth I want. For example, a person who wants to become a singer should consider taking a voice lesson, go to best recording studios, and be in places that stimulate the type of creativity that help enhance your

talent.

- Are you still actively refining some activities in your life that no longer serve you the most or hold your interest?

Answer: Being an adult is one of the misconceptions about identity information. We should set the kind of work we like to do. How we want to experience the life around us. The truth is very important; we are changing constantly and in different phases of our life, even our priorities changed. However, we feel that we lost something in our being the moment we let go some activities. It is sometimes helpful to let go of something, move on, step forward, and face challenges. Just believe that you can achieve happiness and the formula is personal effort and faith.

Each woman is unique. Every woman defines success and happiness on her own moment and ways. I deeply agree in everything she said. We all have different story about ourselves that empowers in a positive manner. Love everything you do, best formula ever.

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