ENG 101

Mutsuho Sato

Professor Lee

10/26/2022

**This I Believe**

**Introduction**

I believe in doing what I want to do in order to achieve my goals, no matter what others tell me to do. I live my life with an emphasis on doing what I want to do. Because of my past experiences, I strongly believe that this is important. And because I have lived my life with this in mind, I am able to enjoy my life. In this essay, I would like to talk about why I became aware of this belief and what has changed as a result.

**Life Without Regret**

It is good for me to do what I want to do in order to achieve my goals. The reason for this is to live my life without regret. I had an experience that led me to value this. I love to travel and have been to many places in the world with my family since I was a child. I have been struck by the variety of cultures and people from all over the world who speak different languages. The experience made me want to study abroad when I was in junior high school. I wanted to study abroad, but the anxiety of going to an unfamiliar environment made me give up. I am now able to study abroad, but I have always regretted not having studied abroad when I was in junior high school. Because if I had studied abroad earlier than I do now, I could have improved my English even more and had more exposure to different cultures. The experience has led me to my current belief that I should do what I want to do in order to achieve my goals.

But I’m not saying it is easy to only do what I want to do. Sometimes, I have to challenge myself to do what I want to do. For example, in order to study abroad, I had to pass the Test of English as a Foreign Language (TOEFL). Learning a foreign language was very difficult for me, but I studied English a lot in Japan in order to pass it. As a result, I was able to pass that test this past June and was able to take classes at UNK this semester. Because of this, if I want to do what I want to do, challenges are not avoidable.

This is true for a wide variety of people. For instance, if I want to achieve what I want I must work for it. Also, if I want to become a pilot, rigorous study and training await me. In this way, doing what I want to do comes with hard work.

And, I also have another reason. I believe that doing what I want to do makes my life enjoyable. Because I have lived my life based on that belief, I have been able to live a fulfilling life. Now, English is often challenging, but when I master it in a few years, I will know that I have made the right choice.

Also, I think it is boring to do only what others tell me to do. I only live once, and I think I should do what I want to do. If I only do what others want me to do, I feel unmotivated. This is true, for example, in studies. Everyone has at one time, or another been told by parents or teachers to study. However, it is difficult to be motivated by it and to work hard at it. Everyone is more motivated to work hard and achieve better results if they are interested in something they like and want to do. In fact, I have had this experience myself. I was very bad at physics in junior high school. When I told the teacher about it, he gave me a lot of homework. I worked very hard on those assignments to get a good score on the test. I poured many hours into physics every day. But I did not get good results. This was because physics was not something I enjoyed or wanted to do for me, and my motivation was very low. Therefore, it is very tough to achieve results under such circumstances.

There is another reason I value my belief. This is because it is better to do what you want to do so that you can demonstrate your ability. Doing something you don’t want to do is stressful and makes it difficult to achieve your true potential. This is very much true of my experience with physics, which I used as an example earlier. Unlike that, doing what I want to do can keep my motivation high and allows me to reach my full potential.

However, sometimes there are times when I do what I want to do and do not get the results I want. Still, it is better to regret doing what I want to do than to regret not doing it. For these reasons, I follow this belief.

**Conclusion**

In conclusion, it is important to live a life with no regret. I should do what I want to do and enjoy my life. Because as I mentioned before, I only have one life to live. So, I believe in doing what I want to do at that time. Also, I believe that this belief will remain unchanged from now on! Also, if I am not sure about my future career path, I will follow my beliefs and do what I want to do.