

Rising to Succeed

In honor of Lieutenant Corporal George E. Hardy, I salute and dedicate this essay to the Tuskegee Airmen. I was fortunate to meet Lieutenant Corporal Hardy when I was 10 years old through a program called 'The Taste of Aviation'. At that time, I did not realize how my village was showing me opportunities to rise as I succeeded. The CAF (Commemorative Air Force) Rise Above *Six Guiding Principles* are set for people to be their best selves. When I first looked at each principle, they reminded me of myself and the hard work I put toward reaching my goals. One of the goals I have set for myself is to become a successful dermatologist. As I elaborate on each principle, I can bring a better understanding of these principles to people all around the world.

The first principle is "*Aim High*". If a person wants to be successful in life, it is important that they set their standards high. Former Ohio State Representative Les Brown once said, "*Most people fail in life not because they aim too high and miss, but because they aim too low and hit*" (goodreads.com); meaning, when someone does not aim high, they don't push themselves enough to work harder to achieve their goals. Use me as an example, because I aim high in choosing to become a doctor, I constantly push myself more and more every day because I know the world is not meant to be easy; things are not going just to be handed to me, I have to strive to be the best I can be.

The second principle is, "*Believe in Yourself*". When someone believes in themselves, they set a standard for themselves that nobody else can do. My favorite scripture from the Bible is Philippians 4:13- "I can do all things through Christ who strengthens me". Repeating this to myself almost every day, helps me believe I can achieve anything I want in life. Mental health also plays a part in achieving goals. If someone does not have mental wellness (self-esteem), then they are not going to believe in themselves. Sometimes we as people have to give each other a boost because if we do not, then we cannot advance as a nation.

The third principle is, "*Use Your Brain*". As I stated in my last paragraph, mental health is critical to achieving your goals. The brain is the control center of someone's thoughts and actions so it is important for people to prepare their brains for success. I use my brain by reading up on more present information, meditating (being by myself), paying attention to everyday

things, and even prioritizing my sleep. When a person uses their brain effectively to make smarter decisions, they have a better chance at achieving goals.

The fourth principle is “*Be Ready to Go*”. Sometimes we have to expect the unexpected. When someone is striving towards goals, there can be times when obstacles may get in the way. Remember, obstacles are only there to challenge a person; for example, I experience obstacles all the time, such as writing a big essay for a class. By reminding myself of my goals, it is easier to overcome those obstacles and if it helps me, I’m sure it can help others.

The fifth principle is, “*Never Quit*”. No matter what a person may go through, they should never give up on themselves. Frederick Douglass once said, “*If there is no struggle, there is no progress (blackpast.org).*” People are going to be challenged and make mistakes when trying to achieve goals, but if they do not fumble, they cannot learn to make themselves better. For example, I use to struggle with having self-control but I know I would not be where I am right now if I did not overcome that. Appreciate those hard times because they are going to matter the most on the journey to success.

The last principle is, “*Expect to Win*”. People should never doubt themselves; they should always expect to be the champion of their accomplishments. For me, when I expect myself to win, most times I come out on top and sometimes I may come second which is good because we cannot win it all the time, but as long as we try our best is all that matters.

In conclusion, every principle, *Aim High, Believe in Yourself, Use Your Brain, Be Ready to Go, Never Quit, and Expect to Win* have its own unique meaning, but the one thing they all have in common is to help people to achieve their goals. These principles should be taught in our schools and everywhere else because I feel as if these six principles can benefit everyone as we rise to success.