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Topic :- People do not fail;

They give up

Outline

1. Introduction

Thesis Statement:

"People do not fail; they 'give up'" highlights the essence of perseverance, suggesting that failure often results from quitting rather than incapability. Its relevance spans personal, social, and institutional contexts, inviting deeper reflection on resilience and effort.

2. Failure as a choice: Unmasking the role of willpower and persistence

3. How an individual's mindset, family's status, and relationships push individuals to 'give up'.

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- (a) People mostly think about the fear of failure
- (b) The lack of motivation in people makes them give up
- (c) The pressure of family limits the individual's freedom in choosing their goals
- (d) Responsibilities of family bound people to leave goals uncompleted.
- (e) The financial crisis of family put pressure on people to give up
- (f) Relatives ^{compare} force their children with others which force children to give up their goals

4. Broader forces often compel individuals to give up

- (a) People give up due to their limited educational background
- (b) The lack of positive environment discourages people from continuing
- (c) Gender based discrimination causes people to give up
- (d) Collective cultural mindset stops an

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• individual from pursuing his goal

(e) False promises of politicians render the progress of a person

(f) Certain statesmen want to work for country's prosperity but they give up due to numerous factors

(g) Various countries try to keep their foreign policy neutral but they give up due to international pressure

5. Qualities that help people to become resilient and determined towards their goals

6. Conclusion

Essay

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"People do not fail; they give up" highlights the essence of perseverance, suggesting that failure often results from quitting rather than incapability. Its relevance spans personal, social, and institutional contexts, inviting deeper reflection on resilience and effort. A timeless tale justifies this truth: a small spider once failed six times to spin its web, yet this, it tried again—and succeeded. Watching this, a defeated King regained hope and ultimately reclaimed his throne. True failure begins only when one stops trying. Unlike King, many individuals give up even without being failed due to their mindset, status of family, and relatives. It is because fear of failure always haunts people, that is why they lack the motivation of trying and give up. Moreover, the goals of an individual are often shaped by family, limitations arise when it comes to choosing one's own path. Further, the pressure of financial

constraint of family forces people to leave their goals uncompleted. There are several other broader factors that also push an individual towards some situation. Poor educational background is also one of them that pushes a person towards giving up his goal. Furthermore, many people give up due to gender based discrimination; and there are ~~this~~ ^{are is} specific kind of mindsets in society ~~that~~ ^{which} also stops a person from pursuing his dream due to cultural restraints. Thus, the greatest battles are not lost on the battlefield - they are abandoned in the mind. Most people do not fail; they simply walk away before victory arrives.

Failure is often not forced - it's chosen, when people overlook their own willpower. There are many people ~~those who~~ are more intelligent but they fear and do not have courage. This is the reason that many people fail without trying. Allah ^{further,} has made humans his vicegerent on

earth, and provided humans strength and the power of reasoning (consciousness intellect). It shows that humans can do anything if ~~for~~ they believe ~~in~~ in themselves. Moreover, the verse of Holy Quran also justifies this claim "Will you not use your intellect?" (Surah Al-Baqarah 2:44). This verse of Quran shows that humans have mental and moral strength. They have power to change their fate.

However, if they are failing, it is their own cowardness. Apart from religious point of ~~if~~ ^{view}, there is another example of the ^{great} American author Helen Keller. she was blind. Despite becoming blind and deaf at the age of 19 months, Helen Keller overcame her disabilities the reason of her failure. She overcame every impossible odd, and become the symbol of strength. Thus, it is visible that failure is just a choice of person, one can change his fate with will power and persistence.

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There are many factors of that ~~contributes~~ ^{one} ~~leading~~ a person's to give up even without being failed, chief among them is ~~this~~ own thinking of a person that triggers the fear of failure. Humans are prisoners of their own thoughts. They trap themselves in the reasons, thoughts, and debates. But in if ~~one~~ their own minds. Humans declare themselves fail even without testing their own potential. It is the reason they

Give up ~~fail~~ even before even trying. For instance, Achievement motivation is a theory of Psychology that shows, people are held back by fear of failure. A student avoids applying for a scholarship, fearing rejection. even if he qualifies. Thus, it demonstrates that people think about failure mostly and they give up

Not only people think about fear of failure but also they lack motivation that pushes them towards ~~abandon~~ ^{quitting} their goals.

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Motivation is a driving force, but many people lack it. It is because people get distracted easily. There are many things that provide instant dopamine release. Therefore, people find their goals boring and the journey difficult, and ~~energy~~ ~~consuming~~. Then they look for other things. Thereupon, brain struggles to stay focused and lose motivation. According to the theory of Self-determination, long-term motivation comes from autonomy, mastery, and purpose. Instant dopamine interrupts intrinsic motivation by giving shallow satisfaction. Hence, when a person lacks motivation he gives up.

Another key reason is family pressure that confines the individual's freedom of choosing the best goal for himself. Humans have deep connection with their families. They do not take decision without ~~the~~ discussing it with families, no matter if they have certain goals. But in many ~~some~~ families, few

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things are considered taboo. Despite a person loving his/her goal, he/she does not pursue it because family does not give permission. For instance, in various Pakistani communities nursing is considered unsuitable job for women. Despite this fact, if a woman is competent enough to pursue her career in nursing, family ^{does} not allow her.

Ergo, family pressure limits the freedom of choosing career and leads a person towards ~~give up~~ ~~failure~~ ~~without~~ abandoning giving up his dream.

In the same vein,

People leave their goals uncompleted due to the responsibilities of family. It is because people priorities their families, rather than their ^{goals} dreams. Many people delay their goals due to responsibilities, and wait for right time ^{never comes} ~~to come that actually~~ at the end. They just close the windows of their dreams. Further, responsibilities like ~~carrying~~ ^{taking care of} children, elders, or managing a household reduce time

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available for personal growth. For instance, many women in the world leave their high paying jobs and designation. Because they have to look after their families. These women do not fail; they give up for families. Therefore, the pressure of responsibilities of families leads a person to give up his goals not failure.

In like manner, the poor financial status of family makes a person to give up his goal. There is no doubt in that many people give up ~~on~~ their dreams because their financial condition does not allow them to continue. Many under age children are doing child labour despite, dreaming about going to schools. It is their financial status that makes them leave their true path. Most compelling evidence is this quote from Rutger Bregman "It's hard to focus on goals when you are focused on survival." (Rutger Bregman). Consequently,

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one may say that financial limitations stop people from achieving goals ~~not~~ they do not give up fail.

Equally relevant to the issue is of comparison. when relatives ~~do~~ comparison of their children with others it forces them to give up their goals. Despite knowing every children has ~~its~~ his own abilities gifted by God. All children are not same like all adults are not same. Therefore, many children leave their goals in between. According to the self-fulfilling prophecy theory, if a child is ~~re~~ treated as less capable, they may begin to believe and unconsciously give up trying. As a result, comparing children with relatives' children forces them to give up without failing.

Apart from these reasons there are other broader factors which also push an individual towards giving up their goals. like limited

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education of people force them to give up. Many people have skills, intelligence, and awareness to revolutionize the world with their ideas, but they do not have opportunity of education. that enable them to utilize their potential to transform world. It is because there are limited schools.

In rural areas or people do not have enough resources. This quote supports the argument "When ~~you~~ ^{a person} knows better, he does better, without education, many do not know even what paths are open to them." (Maya Angelou). Hence, it is proved that lack of education leads a person to ~~quit~~ his goal.

In like manner, ^{the} absence of positive environment restricts people from ~~easy~~ carrying out their goals. It is important for a person's growth. When a person lives in a ^{to have positive environment} negative environment that person suffers mentally and does not utilize his full potential. If because when a person gets mentally drained he leaves everything and just focuses on mental attaining.

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mental peace. As per a study conducted by Kaiser, reveals that, children exposed to abuse, household dysfunction, or parental separation show lower academic performance, mental health issues, and increased risk of dropping out. (Adverse Childhood Experiences Study, CDE and Kaiser.). For this reason, one may say that negative environment discourages people from achieving goals.

By the same token, the gender based discrimination is a cause that leads a person towards quitting his/her goal. There are limited opportunities for ~~different~~ ^{certain} genders. Many individuals face sexual, emotional, and social discrimination due to their gender. Therefore, they ~~they~~ give up, not because they are not competent but they ~~suffer~~ suffer from emotional trauma. According to Labelling Theory of Howard Becker, once labeled as "different" or "unfit," transgender

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Individuals are treated as outsiders. Society's label became a self-fulfilling prophecy, making them internalize failure and stop striving for their goals. (Labeling Theory, Howard Becker) Hence, gender based discrimination throws a person towards quitting his dream.

one must also consider that collective cultural mindset restricts individuals from achieving their goals. In certain cultures, ^{the mindset} ~~mindset~~ of people is shaped in a ~~certain~~ ^{different} way in which they consider various things wrong. Further, ~~their~~ those societies see change as a ^{act} ~~rebellion~~. If a person is willing to attain something different from cultural norms, these people can even kill the person. Therefore, that person quits his dream. For instance, Taliban in Afghanistan, thinks that a woman cannot go out without her mehram and she cannot do job, study, and run-business because it is against their collective

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cultural mindsets. Thereupon, women in Afghanistan do not go out. It is not because they have no capability, It is because they are forced to give up due to their cultural stereotypes; (Afghanistan, 2023) Ergo, it is revealed that cultural collective mindsets restraint people from moving forward.

An additional aspect is that a politician that makes false promises also render the growth of a person. It is due to the fact that many politicians do promises. and do not fulfill ~~therefore~~, Various people of the country believe their promises and work accordingly. But at last they gain nothing, despite the ~~false~~ promises, they have to go through losses. For example farmers are often urged by Governments to increase agricultural production. However, when harvest season arrives these same farmers are denied fair wages prices. Hence, it shows that politicians do false promises

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and these fake promises lead a person to quit his goal.

It is equally significant that certain leaders put efforts to make their countries prosperous, but due to certain reasons they give up. There are many statesmen those who want their country in a good economic, political, and social condition.

They burn midnight oil to fix issues of governance, justice, and health, and education, but they give up. It is not because for them it is difficult or impossible. ~~It is~~ But because they face ^{task} opposition, and threats from certain mafia groups. This is the reason they give up.

The best evidence of this is Thomas Sankara, the former president of Burkina Faso. He brought transformative reforms, promoting anti-corruption, self-reliance, and justice. Despite strong public support, he was assassinated due to internal and external powers. His death is

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shows how leaders ^{are} ~~have~~ ^{forced} to give up or if they do not stop they will have to die. Thus, it demonstrates that certain leaders want to work for world, but they give up due to some factors.

Along with ^{the} same lines, many states want their foreign policies neutral but they give up due to international pressure. ~~Due to this is the reason~~ ^{that} Various countries do not ^{want to} get involved themselves into any kind of conflict. But global powers force them to reshape policy ^{foreign} of according to their own choice. If ^{they} ~~countries~~ do not then global powers threaten them.

Therefore, these countries have only choice means Hobson's choice. To illustrate, during the War on Terror when Pakistan wanted to remain neutral then the President of United States, George W. Bush said "Either you are with us or against us." Not only George W. Bush but also ^{former} Deputy Secretary of

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State, Richard Armitage said, "We will bomb you back to the Stone age!"

(General Pervez Musharraf's interview, September 21, 2006). Therefore, it is revealed that a country wants to remain neutral with its foreign policy but global powers made it to give up.

However, there are various ways which are helpful to become resilient and determined towards a goal. A man must try to focus on self-discipline, this helps in maintaining consistent effort over time. Moreover, managing emotions in stressful situations helps in bouncing back from setbacks without losing hope. Further, a growth mindset, which enables individuals to view failure as a learning opportunity rather than a defeat. Once Friedrich Nietzsche said "He who has a why to live can bear almost any how." (Friedrich Nietzsche). This quote

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reflects the idea that purpose gives strength to endure hardship. Therefore, resilience and determination are essential traits for individuals striving to achieve their goals.

To encapsulate the whole discussion, failure begins not in defeat, but in surrender. It is the choice of people they can win with their will power. However, individuals own mind, family and relatives throw it towards surrendering their goals. Like people think about failure before even trying and fear catches them, and the lack of motivation in people pushes them towards giving up goals. Furthermore, financial crisis of family becomes hurdle, and responsibilities of families break their confidence so they give up. Not only family, ^{of an individual} relatives and own thoughts are responsible but also broader factors such as ^{poor} educational background of a person is limited and ~~the~~ if the surroundings are negative, ~~that~~ ^{they} force to give up. Nonetheless, but with some resilience and determination goals are achievable. Thus, one must remember "Success favours the brave heart!"