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Topic: It is best to see life as a journey, not as a destination

Your essay is okay
Points and structure are fine

Improve paper presentation

1) Introduction:-

Thesis statement:-

The term "It is best to see life as a journey, not as a destination" is a double edged sword. It positively reflects continuous growth, reducing stress, resilience etc. But on the flip side of the coin, it can cause lack of motivation, promoting laziness, undermining of human instincts etc. All of which can cause hindrance

2) Deconstructing the term "It is best to see life as a journey, not as a destination"?

3) Positive side of "It is best to see life as a journey, not as a destination".

(i) Life becomes a process of continuous growth with each step of the journey.

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- (ii) Encourages individuals to think about the present reducing stress of the future.
- (iii) Fosters creativity through hardwork when journey matters more than the destination or final reward.
- (iv) seeing life as a journey induces resilience by treating failure as a challenge.
- (v) Promotes inner peace by rejecting societal benchmarks of progress based on destination.
- (vi) seeing life as a journey creates lasting memories, to enjoy recalling in old age.
- (vii) Improves social cohesion by interacting with individuals who view life as a journey too.

4) Negative side of "It is best to see life as a journey, not as a destination".

- (i) Journey without destination fosters an aimless life.

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(ii) Destination gives purpose to life, its absence can cause lack of motivation.

(iii) Destinations act as benchmarks for self evaluation, neglecting it cause hindrance in personal growth.

(iv) Great leaders throughout history focused on destination to achieve dominance in the battle field.

(v) Scientific innovation is catalyzed by having a firm destination

(vi) Seeing life as a journey is an excuse for laziness

(vii) Humans are by nature goal ^{seekers} setting, ignoring destination undermine their instincts.

5) Conclusion

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In a marathon, a runner collapsed a few meters before the finish line.

He looked back, he smiled and got back up. He sprinted with everything he got eventually winning the race.

Later when he was interviewed, he said that, "When i looked back, i smiled thinking that the best part was not the finish line, it was every step that brought me there. But then the finish line in front, motivated me to stand back up and finish the race." This

story signifies how journey plays a significant role in an individual's life. But, destination is also a necessity that can't be compromised.

To further dive into the topic ~~the~~ it has to be deconstructed for clarity. The topic has a positive side, which makes life a process of continuous growth with each step of the journey. Moreover, it encourages individuals to think about the present eventually reducing stress of the ~~unseen~~ future. It fosters creativity through hardwork, when journey matters more than the destination or the final reward.

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Not only this but, seeing life as a journey induces resilience by treating failure as a challenge.

It also promotes inner peace by rejecting societal benchmarks of progress based on destination. Similarly,

seeing life as a journey creates lasting memories which are enjoyed recalling in old age. Lastly,

it helps to improve social cohesion by interacting with individuals who view life as a journey as well. On the flip side of the coin, the topic

also has a negative side. As a journey without a destination give rise to a aimless life. Likewise, destination gives a purpose to life, its absence can cause lack of motivation. The destinations

act as a benchmark for self evaluation, neglecting them can cause hindrance to personal growth.

In addition to this, all great leaders throughout history have focused on destinations to achieve dominance in the battle field. Also, scientific

innovation is catalyzed by having a firm destination.

seeing the life as a journey is an excuse for

laziness. Lastly, humans are by their nature

goal seekers, hence, ignoring destination can

undermine their instincts. Hence, the term

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"It is best to see life as a journey, not as a destination" is a double edged sword. It positively reflects continuous growth, reducing stress, resilience etc. But on the flip side of the coin, it can cause lack of motivation, promoting laziness, undermining of human instincts etc. all of which can cause hindrance.

While deconstructing the term

"It is best to see life as a journey, not as a destination" it is important to understand the essence of the term. People all over the globe see life as a destination only. This makes them prone from experiencing the life as a blessing. Hence, a change in perspective is required to see life as a journey. This would help an individual to enjoy life to its fullest.

As mentioned by Gabriel Astin in his book The journey of peace, "life is an illusion of destination, the one who takes off the blindfold of such illusion sees the journey, which fosters peace". Hence it is important to deconstruct the term to search for the true meaning of life.

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The positive side of the topic enables life to become a process of continuous growth with each step of the journey. When an individual is focused on the journey of life, that individual take measures rapidly to ensure his growth never comes to a stop. This unlocks the true potential of a human. As mentioned by R.M Stephen in his article The meaning of life, "When a human lives life as a journey, his thinking horizon broadens, this unlocks the doors of growth with each passing step". So, life does become a continuous process of growth with each step of the journey.

Moreover, it encourages the individuals to think about the present which reduces the stress of the future. Talking life as a journey enables a person to stop worrying about the future. It enables the individual to focus on the small improvements in the daily life. As stated by Hazim Karim in his article How to reduce stress, "To reduce stress, stop thinking about the future, take life as a journey, enjoy

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each moment". This shows that ~~the~~ taking life as a journey can reduce stress of the future.

Similarly, it fosters creativity through hardwork, when the journey matters more than the destination or the final reward.

Neglecting to think about the destination unlocks creativity in full force, which brings innovation in the society. As said by Mike Ross in his article *The human mind*, "Creativity is a by-product of not thinking about the outcome. The one who prioritizes the journey over the outcome, unlocks the true potential of a creative mind". Therefore, creativity is fostered by seeing life and its goals as a journey.

likewise, seeing ^{life} as a journey induces resilience by treating failure as a challenge.

A journey is full of bumps, it forces an individual to overcome his failures by resilience into achieving the desired outcome. As stated by Robert peterson in *The solution of failure*,

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"When you are on a journey to achieve greatness you treat failure as a tool for learning which bring flexibility to overcome it, life works on the same principle." Hence, seeing life as a journey produces resilience.

Not only that but, it promotes inner peace by rejecting societal benchmarks of progress which are based on destinations.

Inner peace is fostered by self-fulfilment which is done by rejecting the societies expectations.

As mentioned by Josh Kaizen in his article Channelling inner peace, "By rejecting the societies benchmarks and enjoying ones own journey is how inner peace channels in the chakras of the body". So, inner peace is promoted by rejecting societal benchmarks based on destinations.

Correspondingly, seeing the life as a journey creates lasting memories which are enjoyed when recalling in old ages. Life is like a movie which is directed by one's own self.

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and viewed in the form of memories when one is old. As mentioned by Karl Carlson in his article *Images of peace*, "life is a journey where one collects memories, these memories are eternally inscribed in one's soul, replayed as a movie whenever one is old." ~~He~~ Owing to this, seeing life as a journey does help to create lasting memories for when a person is old.

Lastly, it improves social cohesion by interacting with individuals who view life as a journey as well. People tend to attract others with the ~~same~~ same mindset, this can then improve cohesion among them. As mentioned by Robert Greene in his book *48 laws of power*, "Be clear about your view, it would attract others with similar views towards you. The one who treat life as a journey would then attract each other eventually increasing social cohesion among them." For this reason, social cohesion is increased by interacting with individuals who treat life as a journey.

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On the flip side of the coin, there is also a negative side of the statement. Such as, a journey without a destination fosters an aimless life. Goals are essential to live a meaningful life, just focusing on the journey spreads aimlessness. As mentioned by Aashib Paracha in his article meaning of life, "A journey without a destination is a dead end, an individual in such a journey lives an aimless life, confined within the four walls of self-imposed barriers".

Thus, a journey without a destination is the origin of a aimless life.

In the similar manner, destination gives purpose to the life and its absence can cause lack of motivation. Motivation requires a goal which then induces hardwork to acquire that particular outcome. As mentioned by Hanzala Khan in his article The destination, "life requires a meaning, a purpose, an outcome. An ascribed destination is what lights up the candle".

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of motivation to acquire that particular purpose.

Hence, destination gives purpose to life, which fuels motivation.

Additionally, destinations act as a benchmark for self evolution and neglecting it causes hindrance in the path towards personal growth. As mentioned by Khalil Pirzada in his article Self reflection, f destination, "The designated benchmarks act as a bridge towards self evolutions, sticking towards it can break the shackles of regressive growth ~~to~~ to progressive personal growth". So, destinations act as benchmarks for evolutions that causes personal growth.

With that being said, great leaders throughout history have always focused on destinations to achieve dominance in the battle field. This is how their names have existed in books as a tool for individuals to know about their greatness. As said by Marcus Aurelius, "I had the hunger, that enabled

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me to look beyond the outcome of war, my goal was rigid revolving around my destination, this strong sense of resolve is what made me dominate the battlefield.

Hence, great leaders have achieved dominance in battlefield owing to focus on destination only.

Similarly scientific innovation is catalyzed by having a firm destination in mind. True innovators had a strong destination setup in their minds, this is what enabled them to uplift the society. For example, Thomas Edison failed multiple times, but he was firm about his destination, which paved a way for his success in creating the first bulb, uplifting the society. Owing to this scientific innovation is a by product of a firm destination in ones life.

Moreover, seeing life as a journey is an excuse for laziness. It is a tool for the ones who want to fool themselves, as

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a life without destination is not a life of dedication. It is a sugar coated term by slackers for their own comfort. As mentioned by Ali Sher in his article Self realization, "A life without a destination which is sugar coated as a journey is a way to remain lazy. Such a life is not lived, it is suffered." Hence seeing life as a journey is an excuse for laziness.

Lastly, humans are by nature goal seekers who compete to achieve their desires. Ignoring ones destination undermines their natural instincts. This is what ~~not~~ causes the demise of nature of the humans. As mentioned by Ron Zigo in his article The intrinsic nature, "A human by its nature seeks goals and accomplishes it. A lack of destination can shift the whole nature of an individual causing hindrance in the path towards progress." So, humans are by nature goal seekers which

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require a destination to fulfill their instincts.

To conclude, the statement "It is best to see life as a journey, not a destination" is a double-edged sword. The positive aspect can induce continuous growth with each step of the journey, reduce stress by thinking of the present, increase creativity by prioritizing the journey over the destination or reward. Moreover, it induces resilience by treating failure as a challenge, promotes inner peace by rejecting societal benchmarks of progress based on destinations. Similarly, it creates lasting memories to enjoy in old age and improves social cohesion as well. However, the negative side of the statement shows that a journey without a destination fosters a ~~aimless~~ life, it causes lack of motivation due to neglect of purpose. Moreover, destinations are benchmarks of self-evaluations which promotes personal growth. Similarly, great leaders and scientists ~~have~~ had a firm destination to change the course of history. Lastly, it undermines the instinctive nature of humans. But still hope is present as a journey of life bears fruit.

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by enjoying the small accomplishment of life. This is what makes a life worth living.

