

Outline:

1) Introduction

Despite one tries to go everywhere, actually goes nowhere. Because he wants achieving everything without putting hard works on any single activity leads him with the empty hands. However by setting goals and working hard on, one can really reach the destiny

2) How one tries to go everywhere, really goes nowhere

3) Individual remains in confusion to make decision

- a) Lack of confidence to make decision
- b) One does not know the right path
- c) Believing on the fate that an individual can do nothing
- d) Fear of making mistakes does not let one to progress

4) Individual's confusions at family, relatives and Society level

- a) Parental pressure on individual's life
- b) Relatives impose their traditional culture on one's life
- c) Too many advices make an individual confused
- d) Individual always tries to fit in the society
- e) Social pressure does not let one to think independently

5) Broader levels confusions one faces

- a) Politics seep into daily life, negatively affecting mental health
- b) Politics decrease the productivity of an individual
- c) Economy changes the way one thinks and plans for the future
- d) Religion impedes personal development

6) Conclusion

ESSAY

Despite one tries to go everywhere, actually goes nowhere. Because he wants achieving everything without putting hard works on any single activity leads him with the empty hands. However by setting goals and working hard on, one can really reach the destiny. Altogether, this is nothing new. Seneca, an OG of Stoic philosophy of ancient Rome, already addressed this issue more than 2000 years ago. People got lost in thought back in the day, tended to trail off, and tried to do everything and be everywhere instead of focusing on one activity or place. ("To Be Everywhere Is to Be Nowhere", Moreno Zugaro, Jul, 2020.) Similarly one, who also tries to do everything and be everywhere but really not focusing on any single activity that leading him nowhere. This is because a human is not thinking independently due to the multiple factors affecting him in every stair of life that ultimately leading to the failure. Some of these reasons that make an Individual remains in confusion such as lack of confidence in taking decision, fear of making mistakes, believing on the fate and even do not know the right path. Furthermore parental pressure, relatives impose their traditional rituals and too many advices make him confuse. An individual also faces social pressures that do not let him to think independently and politics seep into daily life, negatively affecting his mental health. Not only this but economy also changes the way an individual thinks and plans for his future. Similarly religion impedes personal development and politics decreases his productivity.

One, who tries to go everywhere, really goes nowhere because he constantly seeks to be everywhere and do everything that, may not actually make meaningful progress or achievement in his goals. When one attempts to juggle numerous commitments, interests, or pursuits without a clear sense of direction or focus, it becomes challenging to make significant progress in any single endeavor. Such a scattered approach can result in a lack of depth, expertise, or mastery in any particular area, ultimately hindering personal growth and success. **For example:** The concept of the paradox of choice suggests that having too many options and trying to explore all of them can lead to decision fatigue and anxiety, ultimately hindering decision-making and progress. Hence anyone, who tries to go everywhere, really goes nowhere.

Although there are many reasons that make an individual to lagging behind from progression, but chief among them is lack of confidences to take decisions that make him confuse. Low confidence may lead people to make negative decisions about how he treats himself or let others treat him. Low self-esteem throughout childhood and early adulthood may increase the likelihood of addiction in later life. It can have a negative impact on mental health that has common links to depression and anxiety, and in turn, the stigma around mental illness may result in low confidence. **For example:** Researchers found that low self-esteem had an association with depression, academic stress, and suicidal thoughts. In consequence lack of confidence negatively affecting an individual in taking decision independently leading to the confusion.

As long as an individual faces lack of confidence, he also does not know the right path to go. An individual walks through life with random aimlessness because he does not consider either. His purposes and plans vary according to their inclinations or circumstances. If one is mistaken about the right way, the more he does and the swifter he moves, the more distant he will be from it. **According to Hugh Binning** that one who is not in the right way finds that the faster he seems to move toward his goal, the further he goes from it. Wandering from the right way only takes one further away from true happiness. In this way, one does not know the right path that makes him confuse.

As an individual is unaware of the correct path to go, he also believes on the fate that he can do nothing. Fatalism can lead to a feeling of resignation and hopelessness, as people may feel that there is no point in trying to change anything because it will not make a difference. One believes everything is predetermined and that he has no control over his own destiny. This can lead to him feeling hopeless and resigned, as he may feel that there is no point in trying to improve this situation. **For example,** an individual may have a fatalistic attitude towards his job, believing that he cannot do anything to change his situation. This can lead to him feeling unhappy and demotivated at work. Therefore believing on fate can lead him far away the success.

Not only he believes on the fate to resign of from doing anything, the fear of making mistakes also does not let an individual to progress. An individual finds oneself unable to take risks, try new things, or make decisions because he is afraid of making mistakes. This fear can be paralyzing and cause professionals to miss out on career opportunities and growth. One may have experienced negative consequences in the past after making mistakes, which can create a sense of apprehension and caution. **A study from the US National Library of Medicine conducted in 2016** found that imposter syndrome — or the imposter phenomenon — often led to “decreased career planning, career striving, and the motivation to lead.” So one may say that fear of making mistakes hinders one to get progression in the life.

Along with fear of making mistakes, Parental pressure also undermines an individual's self-esteem. Parental pressure is an emotional stress that parents place on their children in order to achieve their previous lost goals leading to confusion for the child. Parental pressure is one of the major issues that leading to deteriorating mental health and other problems in life can send children into a bad mental state; which will gradually lead to anxiety. Parents tend to goad their children into becoming all-rounder and children often end up as victims rather than success stories. **("Parental pressure: A fine line between caring and caring too much", Aarya Sinha, May, 2016.)** Consequently, parental pressure bound one to remain in a limit boundary.

When an individual faces parental pressure, he also faces other relatives that they try to impose their traditional rituals on him. Pressure from relatives is often rooted in deep cultural and traditional values, as well as a desire for conformity and stability within the family unit. When one feels pressure from relatives, it can be difficult to know how to stand up for oneself and one own beliefs which can impact his life in a negative way. **For example** the fear of disappointing loved ones and not meeting their expectations can be emotionally draining and lead to a sense of internal conflict that hinder personal growth, and can suppress individual aspirations, dreams and potential. Thus relative imposing their norms on individual leading confusion in his life.

As an individual is surrounded by many relations that not only imposing their cultural values but also giving too many advices that make him confuse in his life. Because many advices can be lazy and taking it can serve as a way to offload responsibility so that when things fail, he fails because someone else told him to do it. It's tempting to get a lot of opinions — say, from friends, coworkers, and mentors — but doing so can backfire. **According to choice overload theory**, a cognitive impairment occurs during a decision-making process when one is presented with too many options he cannot easily choose between. His ability to make a good decision is reduced by the overload of choices. So taking too many advices make him confuse in his life

Too many advices compel an individual to try to fit in the society because of fear of rejection. Someone with this fear may hesitate to try something new or explore a creative pursuit. He who is creative may hesitate to share his work with anyone. This fear can keep one stuck and stop him from sharing his creativity and talent. The fear of not fitting in can affect people of all ages and does not depend on whether or not one cares about what others think of him. **Aristotle expressed that "Man is essentially a social animal by nature". He cannot live without society, if he does so; he is either beast or God. Ergo an individual always tries to fit in the society to live with.**

Individual along with trying to fit in the society faces Social pressure that does not let him to think independently. Social pressure, or "peer pressure," can push one to behave in certain ways or to make specific decisions. Many people fail to live authentic lives since they cannot go against what people expect of them and end up following values someone else set for them. **For example: One study that used brain scans** found that social pressure and the responses it elicits seem to have measurable effects on the brain. It can therefore be possible that social pressure might have the potential to alter a person's perception of reality in some way. That being the case, social pressure alters thoughts of an individual.

Not only social pressure but Politics also seep into daily life, negatively affecting health of an individual. Politics become a major stressor in people's life on major political events such as presidential elections. Thinking about daily political events evoked negative emotions in participant who experienced more politics-related negative emotions reporting worse day-to-day

psychological and physical health. “Politics isn’t just something that affects people every four years during election season—it seems to seep into daily life. But we just don’t know much about the day-to-day impact politics might have” (“**The Political is Personal: The Costs of Daily Politics,**” by Brett Q. Ford, Jan. 23, 2023.) As a result politics seep into daily life, negatively affecting mental health.

Politics along with seep into daily life, negatively affecting mental health, also decrease the productivity of an individual. Politics lowers the output of an individual and eventually affects the productivity of the organization. Individual finds it difficult to concentrate on his work. He more interested in spoiling the other person’s image in front of the superiors. **Common observation** says that individual who plays politics at the workplace pays less attention to his work. He is more interested in leg pulling and back biting. He spends most of his time criticizing his fellow workers .As a result of politics at the workplace; employee fails to achieve targets within the stipulated time frame. As a consequence the politics decreases the productivity of an individual.

When Politics decrease the productivity of an individual, then ultimately the economy changes the way one thinks and plans the future for his life. **Increasing economic insecurity may directly harm health through increasing biological and psychosocial stress. The diverging fortunes between the “haves” and “have-nots” may change or constrain the way individuals think and plan for the future, leading to underinvestment in behaviors that may improve health and economic outcomes. For example,** worsening economic outcomes can diminish one’s expectations for a better future, which can undermine individuals’ motivations to engage in health-promoting behaviors. This shows that economy affects the way one thinks and plans for his future.

As far as economy changes the way one thinks and plans for his future, the religion also impedes personal development. Expecting God’s “intervention” in one’s life can cause a kind of passivity where a person doesn’t take action in ways they are necessary for personal development. Religion has repeatedly discouraged people from thinking for themselves, dissuaded them from questioning what they’ve been told, and discredited their ability to direct their own lives. Religion has often used this arrangement to control people. **Roman historian, Livy, wrote in admiration of Numa Pompilius, the second king of Rome,** who “introduced the fear of the gods as the most efficacious means of controlling an ignorant and barbarous populace.” This discussion indicates that the religion impedes the personal development of an individual.

In a nutshell some may say that an individual always tries to reach his all set goals but due to some hurdles in his life make him confusion in persuading these goals .Individual faces these hurdles in every level of life, such as individual at his personal level faces lack of confidence, not knowing the right, fear of making mistakes, and believing on the fate make one do nothing. He confuses at family, relations and society level also, like parental pressure, following relatives’ rules, facing many advices and social pressure hinder him to think independently. Not only this but, also he confuses at some broader levels in which politics decrease his productivity, economy changes his way of thinking and religion impedes his personal development. But if one, who really tries to gain his desired goals, he can reach on the peak of his success by successfully managing and controlling these above obstacles.

Note: Total words and name not be written in the exam: **Total words: 2157**