

DAY: _____

DATE: _____

Topic: Progress Is Impossible Without Change

A) Introduction:

- Hook
- Explanation of topic
- Over-view of the Essay

B) Main Body

1) Changes at Individual Level for progress:

1.1) Change in Mindset for progress:

- a) positive mindset for positive vibes
- b) mindset ready to acknowledge failures

1.2) Change in habits:

- a) micro-habits lead to greater changes (Atomic Habits)

DAY: _____

DATE: _____

b) change in eating, sleeping and other habits

1.3) Change in Environment

a) change in company

b) change in residence

1.4) Change in Content

consumption:

a) books and skill based

Content over entertainment

2) Structural Changes at State Level for progress:

2.1) Change in Educational Structure for Economic progress

2.2) Change in Patriarchal Structure for gender equality

2.3) Change in Political

DAY: _____

DATE: _____

Structure for Stability
and Inclusivity

E3) Global Level:

3.1) Institutional change
for inclusivity and
equality:

a) changes in UN
veto and permanent member
Structure

3.2) Change in Policies for
climate justice progress:

a) change in fuel consumption
b) change in non-renewable
energy sources.

C) Conclusion

DAY: _____

DATE: _____

The Essay

Introduction:

The Quran Says, "Allah does not change the condition of a person until he changes his own condition" [Al-Quran]. This underscores the significance of change in order to make progress. This change could be at individual level or State Level. Change for progress could include at individual level could include change in mindset, habits, environment and content consumption. For To achieve progress at State level, Structural changes such as in Education, patriarchy,

DAY: _____

DATE: _____

Speaking of individual level, change in mindset is most important for progress.

From controlling hunger to regulating homeostasis, the mind (Brain) controls almost all critical functions of one's body. To achieve something, one must re-wire their brain. To achieve wealth, one must re-wire their brain from rest to hard work.

A positive mind is equally important for achieving progress. One should also train their mind to accept failure. This change of mindset will attract positive energy and ^a better reality.

Secondly, forming new and breaking old habits is one other aspect of change for

DAY: _____

DATE: _____

growth and progress. According to science, it takes 21 days to break a habit. It could be smoking, eating junk or anything. To form a healthy habit and achieve goals, ~~use~~ the technique of micro-habits (as suggested in the famous book Atomic Habits) can be incorporated. To achieve optimal health and weight loss, one must first change their eating habits. To achieve progress in academics or careers, one must first change their sleeping habits for more time and mental clarity.

Apart from that, without changing one's environment, one can barely achieve progress no matter how hard they try. One can never grow

DAY: _____

DATE: _____

in the same environment that broke them. One can never excel in academics if he sits with people uninterested in studies. One can never achieve mental peace if they stay in a toxic relationship / friendship. One can never start a business without quitting their job.

As the famous American ^{football} coach John Wooden said "Show me your friends and I will show you your future".

last but not the least, change in consumption of content also determines one's progress.

To achieve economic progress, one must switch to skill based content from entertainment. To achieve health progress, one must switch to health and fitness content

DAY: _____

DATE: _____

from food based content. These changes, cumulatively, will eventually lead to greater progress leading to a more financially secure, healthy and happy life.

At the State level, the structural changes are vital for intended progress. For example, to achieve economic growth one must switch to skill based education.

Increase in vocational training, change in curriculum, class room environments, teachers and security measure-ments are necessary for economic progress. Without these changes, enrolment rates will remain low, and dropout rates (23 million in Pakistan according to UNICEF)

DAY: _____

DATE

|| will remain high.

DAY: _____

DATE: _____

Secondly, for a more gender sensitive and equitable society, one must address the root causes and change them. One such root cause, according to Radical and Socialist feminism is patriarchy. Changes in patriarchal structures and attitudes can lead to a more progressive society in terms of women empowerment.

Furthermore, without changing the structural barriers to women's education ^{and} political participation, empowerment is not possible.

To achieve political stability, changes in political structure are a must. Without addressing structural issues like underrepresentation, corruption and inefficient quota systems

DAY: _____

DATE: _____

, progress in this regards is not possible. Changes in representation, elections and inclusive policies are necessary to achieve stability. Giving minorities a 'minority vote', women more important political positions and ensuring structural changes in the election process for transparent elections can bring progress and change.

At the Global level, changes in global institutions can guarantee progress. For example, changes in the permanent members to include Africa, South-East Asia and ASEAN regions can help build a more inclusive world. Without changing the power-imbalance within UN, progress towards

DAY: _____

DATE: _____

a just and equitable world is not possible.

Secondly, no matter how many Cop events, protests or climate activism is carried out, ~~change~~^{progress} is not possible until what needs to be changed is actually changed. Without changing fuel consumption patterns (coal, oil), climate change can never be slowed down.

States need to change their energy consumption patterns and attitudes towards climate change in order to achieve progress.

DAY: _____

DATE: _____

Concluding it all, to achieve progress at individual, State or global level, change is a necessary pre-requisite. To attain progress at all 3 levels, one must first start at individual level. This is because individuals make a society, a society makes a state and states make the International Society. To achieve progress at the highest (Global level), one must change at individual level and in either case, ~~change~~ progress is not possible without change.