

Syeda Tareed Fatima  
English Essay  
Test # 3

Topic:

The secret of life though  
is to fall seven times and  
to get up eight times.

## Outline

### (1) Introduction

- (a) Attention grabber
- (b) General sentences
- (c) Thesis statement:

The courage to bounce back stronger than ever, against all odds and failure is the true essence of life.

### (2) Resilience beyond the nylons of difficulties;

- (a) Ability to survive unfavourable circumstances
- (b) Continuing the struggle
- (c) Example: Quaid's efforts for the independence of Pakistan.

### (3) Perseverance - the crux of life;

- (a) Efforts without counting on the results
- (b) Surviving the failures and difficulties
- (c) To not give up in any situation.

### (4) Consistency against all odds;

- (a) Discipline over regrets
- (b) Try, try and try again till you succeed
- (c) Example: Rise of China after WW-II and cold war.

### (5) Determination and commitment as top tiers;

- (a) True determination towards goal
- (b) True commitment over excuses.
- (c) Case study: MS Dhoni as great example of determination.

### (6) Aplomb over atychiphobia;

- (a) Confidence to ace over fear of failures.
- (b) Confidence outshines the shortcomings.
- (c) Confident people succeed even after failures.

## 7. Courage of acceptance and moving on;

- (a) courage to accept the failures
- (b) Striving again against the constraints of failures.
- (c) To accept and move on makes the circle of life.

## (8) Persistence and faith - anchors of life;

- (a) To continue efforts after failure
- (b) Faith in Almighty and hard work
- (c) Persisting against the challenges of life.

## (9) Discipline and hardwork swears for success;

- (a) Discipline and continuity - secret to success.
- (b) Hardwork outshines the intelligence
- (c) Pain of discipline ends in comfort of success.

## (10) Focus, clarity and one's promising nature;

- (a) Focus and clarity towards goal in life.
- (b) Promising and committed nature of man, ends up as success.

## (11) Survival and revival : two extremes of life;

- (a) Man's ability to survive any situation.
- (b) Man's ability to bounce back after failures.
- (c) The two extremes of life.

## (12) Conclusion;

# THE ESSAY

ہنگامی میں کام آتی ہیں نہ زہیریں نہ شمشیریں  
جو ہوزوں یقین پیدا توکت جاتی ہیں زنجیریں

In slavery, neither swords or plans are effective - But when the taste for certainty is created, then the chains are cut - Dr. Allama Iqbal

The respective verse by poet of east, Allama Muhammad Iqbal portrays the true picture of the given essay "The secret of life though is to fall seven times and to get up eight times". The given essay statement and the verse of Iqbal illustrates that nothing can stop a man if he has the courage to strive again even after failures. There is nothing in this world that can resist the courage of a determined and resilient man. Failures and lows are inevitable to avoid in life

but to keep on striving against all odds is what actually counts in life. Failures might be temporary but perseverance, faith, determination and resilience of man is what that stays with him in life forever and shape his future. A resilient, determined, committed and disciplined man can overcome any failures and shortcomings of life. The rise of China after WW-II, the life struggle of Ms. Dhoni and the efforts of Quaid-e-Azam against all odds depicts that the secret of life though is to fall seven times but to get eight times. Thus to bounce back stronger than ever against the failures of life is the true essence of life.

The respective essay elucidate in detail that the secret of life is nothing less than to continue the struggle against the hardships and failures.

The resilience of man beyond the myriads of difficulties in life makes him to stand again 8th time after failing seven times. The nature and universe has blessed the man with the ability to survive critical and unfavourable circumstances and still be able to outshine in life. The resilient man continue to struggle against all obstacles. The most perfect example of resilience is Quaid-e-Azam Muhammad Ali Jinnah who stood resilient against the atrocities of British rule and Hindus. This proves that resilience against obstacles and failures can promise true success in life. The resilient people might be ousted by failure in life but they never accept the failure as their fate. They continue to strive. Even if they fail seven times, they can bounce back the eighth time and that is indeed

the secret of successful life.

In addition to resilience, perseverance is the crux of life. To remain persistent in hardwork without counting on the results makes the essence of life. As famously stated by Mr. Winston S. Churchill, "Success is not final, failure is not fatal, it is the courage that counts" Life revolves around highs and lows, failures and success but the perseverance of man beyond all constraints make him to achieve anything in life. A man that lacks perseverance accept the failures as his fate whereas man possessing the quality of perseverance stand against failures and does not give up until he convert his failures into his success. Perseverance is the key to unlock the secret that to rise again 8th time even after failing seven times.

Moreover, the consistency and determination of man is the corner-stone of life. To remain consistent

and determined in life swears for an undefeatable success in life. The most relevant example of determination and consistency in contemporary era is the rise of China. China emerged as the second largest economy of the world with nominal value of \$19.4 trillion even after being pulled in WW-II and sanctions.

The determination and consistency of China and its people depicts that nothing is impossible in life if one truly remains disciplined and committed to his goals.

Because the pain of discipline is better than the pain of regret. Consistency requires discipline and true commitment.

A few hours of dedication can outshine the days of distracted focus. Most of the successful people and states are very disciplined and consistent in life and hardwork.

Thus to remain consistent in life and efforts even after failing is the secret to a peaceful life because life without struggle and discipline is like the palace of dust that can be easily fell down by a mild blow of wind.

Thus, in a nutshell life is a blend of struggles, perseverance, resilience consistency and efforts and secret is to balance these qualities with hardships and failures of life. As failure is inevitable to avoid in life but bravery of heart lies in combating those failures and rising again from dust. Because life only test those who have the courage to survive the storms of life. Those who stand firm against all odds  
Faiz Ahmad Faiz has wrote a beautiful verse for them as,

وانا کہ بہ سنیان گھڑی سخت گھڑی ہے  
لیکن فرے دل بہ تو فقط ایک گھڑی ہے  
بہمت کرو، جینے کو تو ایک ٹکر لڑی ہے

Agreed, this lonely moment is harsh and severe  
But, my heart; it's just a single moment here.  
Gather courage for there is a lifetime to preserve.  
In a retrospect, indeed the secret of life though is to fall seven times and to get up eight times.