

Name

Instructor

Course

Date

## A Good Life

### **Introduction**

The book *On Shortness of Life* aims at helping different people to know and understand their true calling. My essay will narrow down on the part of shortness of life and how the piece would help a person achieve their dreams. Indeed, there is a need to understand ourselves and know the need to use the time that we are provided with in the most active and useful manner (Seneca, pg 1). Also, I aim to reveal the goals that I have, evaluate them and then explain why I need to achieve the goals. I will explain why I chose the goals and why they are important to me. It is important for me as an individual to have such goals. Being able to plan ahead is important because it enables a person to have an idea of how to manage their time in a proper manner. *On the Shortness of Life* gives meaningful insight on the importance of knowing how to utilize time well. It is important for me to make sure that I get my peace of mind as well as good health. I have to avoid issues like time wastage, self-indiscipline and giving up quickly to realize my goals.

### **Component 1:**

#### **My Concrete, Positive Goals in Life**

**To maintain peace of mind:** This is the most important goal in my life. I feel that it is important for me to possess the peace of mind because of the benefits that come after. It is important for me to maintain a balanced mental state as well as the physical and emotional state. Being in a stable state of mind, where there is no fear, worries or stress is necessary for the general growth of an individual. Peace of mind is a goal that I wish to achieve because, in that state, I would be calm, with a quiet and functional mind always. That state of mind is necessary and healthy because the brain functions better

when it is at peace. Also, the peaceful state of my mind would drive me to tackle all my problems with a sober mind and a sharp, functional brain.

**To maintain Good Health:** My second goal would be to achieve the ultimate healthy body and maintain it in the best way possible. A healthy body gives room for a healthy way of living. Being physically fit and consuming the correct types of food gives an individual the drive and energy to work hard and make themselves better people in a community. The unhealthy people are always lazy and therefore lead a sad life. Acquiring and maintaining a healthy body is important for me because it would encourage me to have more drive and achieve more in the shortest time possible.

**To acquire financial security:** In the world today, people work hard to secure their financial future. Money has literally become the answer to all problems that a person may have. It is also my goal to ensure that I reach my targets of financial income to enable me get what I want, when I want it. To get to that goal, I have to realize the importance of keeping time and how valuable it is in general.

### **My Concrete, Negative Goals**

**Lack of self discipline:** One of the most successful ways of achieving financial success and security is having the discipline to save your money. The ability to be able to save money constantly is not easy especially because a human being is usually inclined to spending than saving, instead of saving then spending their money. "It is not that we have a short time to live, but that we waste a lot of it," ( Seneca, pg 1) explains that people waste time and money on things that are not helpful or relevant. That way, people lose a lot of time in the process. It is important for everyone to understand that self-discipline is important thus train themselves to do what is right more than to what interests them. Self-control ensures success.

**Giving up easily:** Whenever my plans fail, I have the tendency of letting the opportunity to go without pushing harder. People who have the tendency of giving up in life do not achieve anything eventually. Such tendencies are negative trends because they prevent an individual from achieving their goals. It is important for people to learn how to keep going and to avoid the urge to stop doing some. "Why do we

complain about nature? She has acted kindly: life is long if you know how to use it”, (Seneca. Pg 2).

The words by Seneca explain that nature is kind by providing every individual with equal opportunities.

That means that if a person keeps pushing on their dreams, they will know how to achieve their goals within the allocated time. Individuals who follow such advice end up realizing the goals that they have set in their lives.

### **Component 2: The Reason for Choosing the Goals Above**

The goals that I have chosen are important to me. I chose the goal of maintaining my peace of mind because a peaceful and settled mind is fully functional. According to Seneca (pg 5), most people live as if they are in the world to live forever, and that they are not doomed to an end of life, and do not realize how much time they waste on wasting time on issues that are of less value. I chose to strive to acquire a healthy body and then keep it that way because a healthy body constitutes to a healthy mind. A healthy mind ensures that a person realizes his or her goals.

### **Component 3: The Reason for Choosing the Life based on these Goals**

When reading the book *On the shortness of life*, a person will realize the important of making the important things in life worthwhile. Life is short, and therefore people need to work hard within the provided time to lead a successful life. The book also reveals that the individuals who waste their time on issues that are not important area always the first people to complain about the shortness of time. According to Seneca (pg 2), "Life is long enough, and a sufficiently generous amount has been given to us for the highest achievements if it were all well invested." People who have set different goals know that they need to work under restricted time thus understand the importance of saving time.

### **Conclusion**

*On Shortness of Life* is a book written by Seneca. It is a book that explains the shortness of life and also the need to make use of the little that we have in the short time that we have. The book also aims at giving a reader the tips on how to discover their true potential in life as well as their purpose. Most people have no clue what they are capable of achieving because they do not have the right

motivation. Lack of motivation is one of the reasons why a person lacks the need to know what they were put in the world to achieve.

## Work Cited

Seneca, Lucius Annaeus. *On the shortness of life*. Translated by C. D. N. Costa. New York: Penguin Books, 2005.