

Friends,

I want to talk to you about a feeling that many of us experience at some point – a fear of missing out. We see our friends and peers having incredible experiences, traveling the world, and meeting new people, and sometimes we can't help but feel like we're missing out on something important.

But I want to challenge this notion today. I want to remind you that our lives are not a race to accumulate experiences. It's not about checking off a list of things you've done or places you've been. It's about valuing the experiences you have right now, at this moment, and being present in them because comparison can be the thief of joy, and our expectations will take their toll.

We live in a world that constantly makes us feel like we need to do more, be more, and experience more. We're stimulated with images of people living their best lives, and we start to feel like we're not measuring up to our own or others' expectations. But the truth is, we can never truly experience everything that this life has to offer. There will always be something we haven't done, and somewhere we haven't been.

So instead of focusing on what you're missing out on, free yourself of those expectations and the experiences you feel that were stolen from you. Try to love what you have right now. Look around you – the people, the experiences, the moments – and cherish them. Value them. Because one day, you'll look back on your life and realize that those small moments, the ones that you least expected, were the ones that truly mattered.

Today it's so easy to get caught up in the idea of the "perfect" experience that everyone else seems to be having. But the truth is, there is no such thing as a perfect experience and the closest we can get to it is through our own lives. We can never expect to be provided with a perfect life but should aim to find beauty and perfection in our own lives and in everyday life. Every experience is unique, and every experience has its own value.

In their own complex ways, many of your experiences are perfect. Whether it's a quiet night in with friends, a walk with nature, or a conversation with a loved one, every moment has the potential to be special in its own meaningful way.

So I urge you to let go of the fear of missing out. Let go of the notion that everyone else possesses something you lack. Quit chasing the path of others if it doesn't feel right to you and alleviate yourself from the pressures to uphold a perfect life. Take every day as an opportunity to learn and embrace the experiences you have. Don't worry about what you haven't done. Don't wait and expect your life to mimic the joys of others because life is short, and it's important to make the most of every moment. Do what you love and cherish the present. Cherish all experiences, big and small, for shaping who we are and making our lives worth living because we never know when our time is up. We never know when the experience we take for granted will be taken from us. We must value what we have and make the most of it while we can.

So let go of expectations and free yourself from the worldly pressures that prevent you from enjoying the fullest extent of your life. It's time to start enjoying and appreciating.