

Things we do

Things we do in life can be divided into three main categories:

Things we have to do; things we need to do; and things we love to do.

Working for the other or for the government or even for the self, are among the things that we have to do, regardless of how we feel about them; we may like or dislike doing these things.

Things important to our health, like going to see a doctor regularly, or taking a medicine, and things that are important to our relationships to other people, like caring for family members or for a friend or a neighbor in need, are among the things that we need to do, regardless of how much enjoyment or pain we derive from doing them.

Things that we do out of pure desire or love seeking pleasure and self-satisfaction, such as travelling, spending time with friends, reading, writing, singing, painting are some of the things that we enjoy most and live to do and experience.

Since we are able to control our lives to a great extent, we should try to reduce the amount of things we have and need to do in favor of things we love to do.

People who save while working and producing can have more enjoyable life when they retire; they are also able to have easier time making a decision to quit a job they do not like and wait for a new, more enjoyable or less demanding one. People who take care of their health and stay away from fat food and bad habits like smoking will reduce the number of things they need to do and the cost of doing them; they, as a consequence, will have more time to do what they love to do and enjoy what they enjoy most.

Dr. Mohamed Rabie

www.yazour.com

December, 2009