



OF THE WARS WE FIGHT IN OUR LIVES

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We fight our own wars everyday.

Many of us wage wars between choosing to live well and choosing to live badly. There are many of us who fight daily battles with their particular circumstances in life. There could be those who need to fight for their lives because they are afflicted with sickness or disease. There could be those fighting to stay alive as they battle terminal illnesses. Finding the strength to wake up each day and face another chapter of one's life takes a huge amount of courage and faith. Most of us love life, so we can just imagine how those who are not so blessed readily feel hopelessness and despair.

There are those of us who wage battles in the workplace. There are those among us who battle oppression through gender or racial discrimination, those who find that their qualifications and skills are constantly being put into question, those who find that their daily job requires a whole lot more than their completed education and experience. These are the kind of people who look at the workplace as a battlefield. And what about those who need to wield their swords in the boardroom in order to keep the company afloat? Those who have to prove that their companies are way better than others? It can be difficult for business owners to have to fight their way to establish their brands. The battle is more manageable for small business owners, but it can be difficult to create a reputation and become recognized for what sets a business apart from the competition.

Then there are those among us who wage a battle within our very own families. By battle we do not speak here of dysfunctional family relationships, although these do exist. We might be enjoying normal family lives, but the daily challenges of keeping our families fed, clothed and supported could be a war that we need to win everyday. With the steady rise of costs of living, many families out there in my own country have to subsist on a dollar a day-maybe even less- to get by. It can be hard to imagine how people can live in such miserable conditions but it's true; many in my country have to wage everyday battles with hunger, poor nutrition and just survival. Sadly, survival has become more complex everyday.

And there are those among us who struggle to be recognized for what we are. It can be challenging to establish an identity, but we've been at it since we were students. Now, as we wage bigger wars in our adulthood, let us remember the lessons of wars fought, won over or lost in the past. The battle is frequently uphill, but the horizons always prove to be reachable and motivating.

QUESTIONS FOR DISCUSSION:

1. Be bale to talk about the wars you fight in your own life. Share your experiences.
2. What valuable lessons have you learned from fighting your own wars in life? Be as specific as needed.
3. How will you teach your own future children about life and living?
4. How can you become a better fighter in life? Elaborate on your answer/s.
5. What are the "weapons" we can use in fighting our battles in life?