

Sadie Harris

"If you want to fly, you have to give up the things that weigh you down."

- Toni Morrison

Currently, I have many things in life that have weighed me down. Some of those things are competitive cheerleading and toxic friends. These are one of many things that have weighed me down, and now, I'm slowly learning that if I want to be happier and live my life to the fullest, I need to let some things go. From my personal experiences, here's why it's important to let go of the things that weigh you down.

One thing that weighed me down was competitive cheerleading. This past year, I quit because I felt unhappy about my environment, what I was being put through, and how it completely exhausted me. During my time there, I had to deal with injuries, continuously increasing my skill level, severely overworked, and never got a break. One time, I was there almost everyday to increase my skill set so if someone needed me, I could fulfill the role that was given to me and live up to the high expectations I was being held to. For example, I was always told I was one of the best people there, so I felt, and was pushed, to be what people thought of me. Also, I have had many injuries including a sprained ankle, heel, bloody nose, kicked in the head several times, and more. Plus, the coaches continuously overworked me by making me help with multiple different teams, tumbling classes, competitions, and long practices.

Another thing that has weighed me down is toxic friends. At the schools I've been to, I've made more friends than I would've expected. However, it actually turned out to be a huge mistake. Some of my "friends" used me, talked behind my back, criticized me, and more. Even though they lowered my self esteem and made me feel worthless, I dealt with the toxicity of people because I was desperate for friends and wanted people to like me. After many years of being put down by it, I've finally been able to disassociate myself with those people and move on with my life, making me happier, healthier, and in a better mental and physical state.

These experiences have weighed me down a ton. With the pressure I was under for all of it, getting rid of the toxicity was a huge relief. It has helped give me a better mentality, physical state, and currently helps me in school. I've also learned that, by leaving the things that weigh me down, it can shine some light even in the darkest of places. From my own personal experiences, this is why it's important to let go of the things that weigh you down.