

Dear you,

Do you want to know a secret? Nobody's paying attention to you. Not in the way that your actions have no meaning or that no one loves you (because your actions DO have meaning and you are loved more than you can ever know). I mean it's okay to relax a little bit. That pimple on your left cheek? No one's looking at it. They're thinking about THEIR pimples on their back, or right cheek, or nose, or wherever. That joke no one laughed at? No one will remember it in five minutes. You asked a question that someone thought was dumb? First of all, there are no stupid questions. Always ask for help when you need it. That willingness to be vulnerable and ask for help is actually a super power. But second, no one else is paying attention. If they are, they're probably secretly thanking you for having the guts to ask, because if you don't understand something then there is almost a 100% chance that someone else is lost with you.

Live your life. Ask questions even if you are worried that they are stupid. Cover your zits or don't, but don't let the fear of having an imperfection keep you from doing something fun.

On the flip side, another secret is that people pay attention to things you might not notice. That one time you complimented the girl in your choir class on her style? Two years later you're best friends and she tells you that that very compliment gave her the confidence she needed to audition for the solo she ended up killing. Sometimes nice things are not celebrated, but don't be fooled: nice things are always noticed. Each kind thing you do leaves a positive imprint on the universe. The universe can always do with a little more positivity.

Seems like conflicting advice, I know. But they go together. Be the kind of person that doesn't notice someone else's flaws because you're too busy complimenting their personality, who opens doors for people holding books and isn't fazed if they give you a mean look (they're probably tired). It all comes back to that old Golden Rule you hear all the time. The reason you hear it so much is because it's tried and true.

Be nice out there.

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