



Morning Comment

Well-being Assembly – Friday 30 May 2025

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There's this quiet pressure, unspoken and almost subconscious, that weighs down on a lot of us. It tells us we're supposed to have it all figured out, that by the time we're sixteen, seventeen, eighteen, whatever, we should already know exactly who we are, what we want to do, and how we're going to get there. And if we don't, if we haven't hit certain milestones, if we're not achieving fast enough or planning ahead far enough, then we must be falling behind.

But that pressure is lying to you. It feels confronting and real and convincing, but it isn't true. The truth is, you don't need to have it all figured out to live a life that's worthwhile and of meaning. You don't have to create a perfect version of yourself to live a life that matters. You already are enough, just as you are, right now. I know that sounds sappy and can be hard to believe, especially in a world and a school environment that constantly demands more of us. But you're not a project, you're a person. You're not a project to be fixed, you're a person to be loved. And that love doesn't and shouldn't start once you've achieved everything or figured your whole life out. It should start now, even in the messiness. Especially in the messiness. And being enough as you are doesn't mean you don't try or push yourself. But it means you learn to hold both, both the effort to grow, and the grace to just be.

We often hear "life is short," and that's true, our time here is limited, but at the same time life is also pretty long. It's long enough to fail, learn, restart, and try again. You have time to figure things out. Don't spend your whole life trying to get everything together and forget to actually live it. Because you'll never be this version of yourself again. So slow down. Take time to be with them. To be with you. You don't need to fast-forward through this version of yourself to get to the "better" one. This version matters too. The one that's growing. The one that's tired. The one that's doing their best without knowing all the answers.

And that's something that's taken me a long time to understand and I'm still working on. For most of my life I never felt like I was enough and like I needed to have my whole life figured out. I don't think this now, but when I was younger, I always felt like I was in the shadow of my older brother. He's one of those people who's just annoyingly good at everything, school, sports, or socialising, all of it. Even though he's five years older than me, I've always felt like I should be at the same stage of life as him and so I've always had to work twice as hard just to feel like I was keeping up. And without even realising it, I started tying my self-worth to the comparison and validation that others gave me. I chased that approval from coaches, teachers, my parents, friends, even myself not because I wanted to impress



anyone or even cared about their opinion, but because I was afraid that if I wasn't getting that validation, I didn't matter.

But, that mindset is so exhausting. Because no matter how much you do, it always feels like there's someone doing it better and there's something more you should be doing to improve. So, what's helped me let go of searching for that external validation is finding it internally within myself. I started treating myself like a friend, not a project to improve but a person to support. You have to treat yourself like someone you're trying to help. It's you and you in this together. All the versions of you past, present, and future, they aren't enemies. They're not in conflict. They're connected. And that part of you that's comparing yourself to others, the part that's anxious, and stressed and still figuring things out? You need to give that part love and support too. It's not in your way; it is the way.

But that's easier said than done, especially in high school. It's so easy to fall into the trap of performing. To create an alternate personality that's accepted and affirmed. And yeah, it feels good to be chosen and liked by others for sure. But being for real, friends change. People will come and go. Your surroundings will shift at some point. And at the end of the day, the one person you always go home with is you. So don't live your life trying to be understood by others, live to understand yourself. You have to let go of the urge to be picked and choose yourself instead. Be good. Be kind. Be real. But don't waste all your time trying to prove that to others. Learn to see your own worth, even when no one's celebrating you.

So, I'll leave you with three things today.

First, let go of the pressure to have it all figured out right now. You don't need a master plan, and you don't need to rush through your life, all you need is the courage to be present and grounded in who you are right now.

Second, you're not a project you're a person, be a friend to yourself, give yourself the care and patience that you would with someone you love.

And third: Stop waiting for someone else to affirm your worth. You can give that to yourself. Choose you, again and again and again.

So, trust yourself. Stay close to who you are. And remember, you have time.