

Which activities can contribute to people's sense of positivity?

At some point in your life, unless it has already happened, you will find yourself staring at the abyss. Conflicted with the absurdity of life, you will find that cold, smothering void in the mirror looking back at you. You have two options, come to terms with your mortality, or let the abyss devour you. That is the biggest crossroad in your life.

There are a few things that can help you. If you can try and find God, that's the best solution. But it's easier said than done. Let's say you tried religion and it didn't work out between the two of you. Now try the world you're living in. Adopt, or at least try to adopt this world's set of values. Get a good job, big promotions, marry, have kids, and then sacrifice your family for the sake of further promotion, or vice versa.

Now we are back to the beginning, either without a career or our families. Seems like a never ending vicious cycle. Well, that's life.

You need to bring balance into your world, break the cycle. Find your own God, he can be hiding anywhere, in a person, a career, a hobby... It is important that you don't get consumed by it because other parts of your life will suffer the consequences. One more piece of advice, little things, enjoy the little things. Appreciate the sunset, the sunrise, all the good and bad things that come your way. Because all these things make you alive, and of course you have to imagine Sisyphus happy.

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