

You

You are important. Have you ever struggled with your role in this life? There are a billion ways you can have an impact in this world, and while you might not have figured it out yet, you're going to accomplish so much good in this life.

You are important. Your role in society is so important for shaping how future generations live their lives out. You can choose to play as big or small a role as you would like. However, even if you decide to live passively, you cannot escape your influence or impact on the world.

You play a critical role in the world, even if you don't feel like you do, from the things you say, to the actions you take, you matter.

12 Reasons Why You Matter

1. There's no one like you

You are important because you have many traits that make you unique. From the way you look to the way you talk, people need you just the way you are. All those hobbies you're passionate about give people a reason to like you even more. It gives them a way to connect with you and you with them.

2. You have a purpose to complete

You can make a difference in the world by living out your purpose. Now, that sounds like a big task. So, no, you don't need to worry about figuring out your purpose. You'll figure it out on your own as time goes by. Your purpose might end up being much bigger than that, but it doesn't have to be huge to be impactful. Something as simple as doing acts of kindness daily can alter and change the world tenfold.

3. You play a huge role in society

Every action you take affects society as a whole. A ripple effect always happens. You have no control over the outcome of how things will turn out. A positive action could have a negative consequence, and a negative action could have a positive consequence. Life is an ebb and flow of good and bad. However, if you have good habits and intentions, your outcome will likely be positive.

4. You're alive

You are important because you're one of the rare few fortunate enough to be alive. How amazing is it that you've been given this rare experience to experience living. You get to be alive right now. Life has given you the chance to experience sight, sound, touch, taste, hearing. Even though some days can be challenging, you can choose to make the most of each moment and live life to the fullest while you're here.

5. You're destined for greatness

You're one of a kind, so only you can leave the impact you make. You're destined to do amazing things in this life. Your positive contribution can be of great importance to other people. In this life journey, you need to make the most of the little things and do some big things. What you do in this life really does matter. The only way you can achieve greatness is by doing the hard work now.

6. You give people love

Only you can give people love the way you do. You can set relationship goals that make you a loving person towards others. You are important because you matter to so many other people. Your journey towards being a caring person and finding love will allow you to make many friends and build a strong family. People won't forget how much love you shared with them.

Something as simple as a smile can make a difference. Your ideas on love could bring so much hope into the lives of people today. The life story of your hardships, doubt, and challenging circumstances are relatable, but overcoming obstacles to become the most loving person alive will bring hope. You can remind people of their kindness and goodness when they do wrong. As long as you continue to love in this world, you'll be of great importance.

7. You can make things right

Your importance in the world will come down to certain things that point you in the right direction. There are so many bad things in the world, making people doubt themselves or destroy their lives. You can create a new universe for others, and it all comes down to what you contribute. Remember, your influence doesn't need to be iconic. You're influential, even if all you do is smile at someone. Help point people in the right direction as much as you can. You'll need to lead by example first, though.

8. You get stuff done

Knowledge is never enough. Life is all about action. You are important, and your ability to get things done is what counts. Hear me out; you're going to need to contribute a lot more. I know you're busy with your parents, family, and everyone around you. However, people need to benefit from your actions, so you'll need to continue sharing your resources, adding value, and improving the quality of life of others.

9. You can handle anything

You might've already heard from a loved one, that you can handle anything. You're aware of your skills and talents. However, most importantly, you're the type of person who can overcome challenges and persevere through it all. At the right time, you always know how to pull yourself out of sticky situations. Your presence is most needed on this planet because you inspire people to never give up. Be a friend to yourself and decide how you'll push through your following few challenges. Remind yourself that you're unstoppable. Imagine yourself years from now, looking back, knowing that you didn't quit or fail; you faced everything head on.

10. You help people

When was the last time you've written down a list of people you helped? I imagine you've never thought of such an idea. As a result, you don't even realize how many people appreciate you, love you, or value you as a person.

Your words might've been the reason why someone took an action that improved their situation. A kind act you did might've improved someone's mental health. A post you made on social media might've made everybody who saw it laugh. Ultimately, there are numerous times and actions you've taken in your life where you were helping others. Your words offer plenty. Your heart opens people up. That's why you are important.

11. You inspire others

You affect change in others. You have the power to improve someone's mental health just by being yourself. You can create a social media account of kind activities people can do to help themselves through difficult times. You can also write an article online that inspires people to overcome adversity and setbacks, even if the road ahead of them isn't straightforward.

12. You brighten people's days

Many people struggle with mental health. No one else could brighten their day as much as you can. If you're feeling more pessimistic than usual, you might not see that trait in yourself. However, if you practice making other people happy, you too will be happy. Happiness comes from serving others. So many people get excited to receive texts from you. They love hearing that you thought of them. People look forward to spending time with you or getting a phone call from you. Sometimes, all you need to do is show up for people, and you literally made their day.

Resources:

You matter

How to be a good listener if someone is upset

YOU MATTER - Inspiring Video about Life

<https://www.youtube.com/watch?v=JDR-h43pnRc>

How to love yourself

<https://www.livewellwithsharonmartin.com/how-to-love-yourself/>