

Aleksandra Strugalska

# ORGANIZE YOUR LIFE



*"From Chaos to Clarity:  
Unlocking the Power of Order"*

**SAMPLE**

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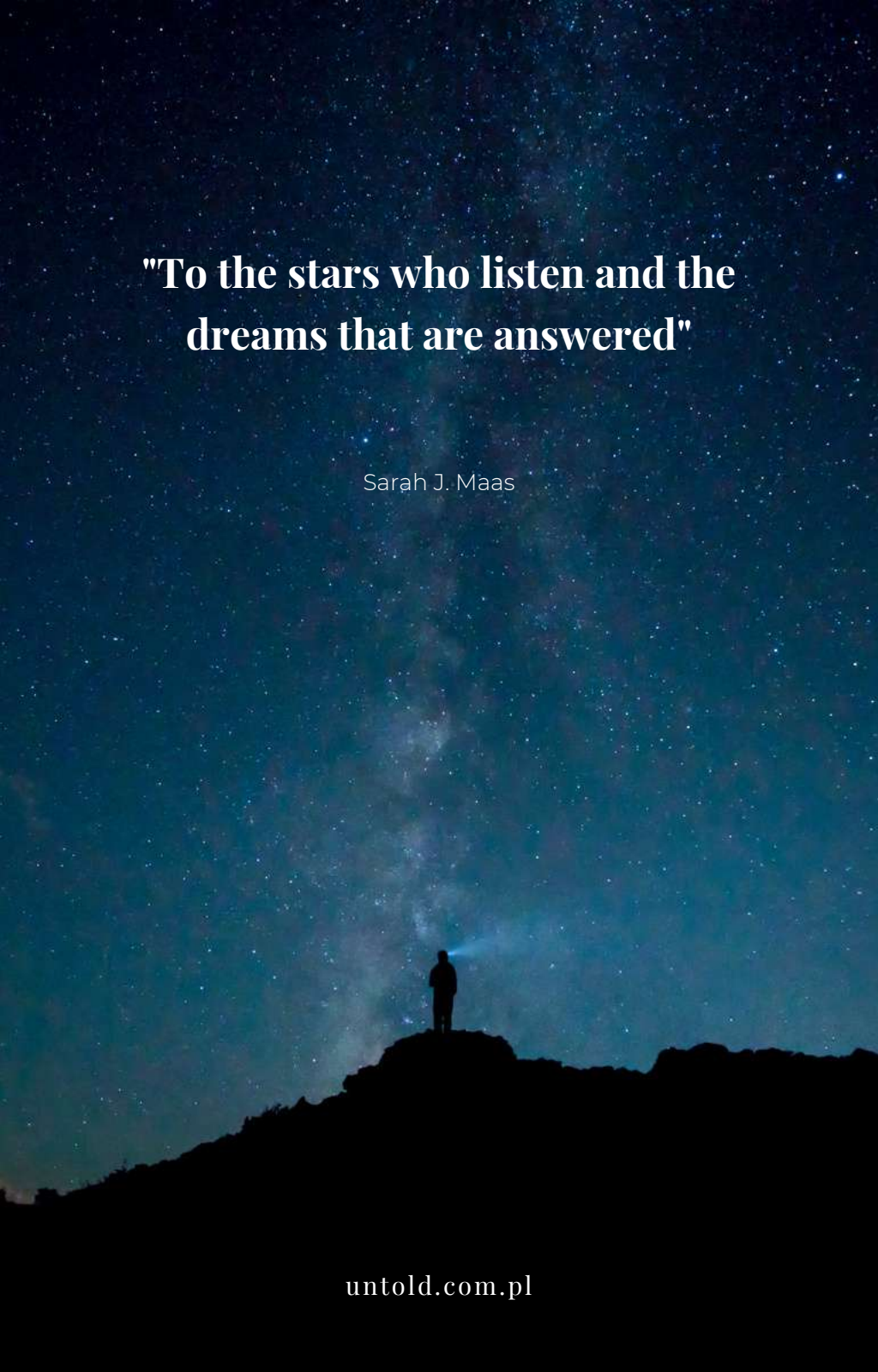
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A person is silhouetted against a dark night sky, standing on a rocky ridge. The sky is filled with stars, and the Milky Way galaxy is visible, stretching across the frame. The person is holding a flashlight, which is turned on, casting a beam of light upwards. The overall scene is serene and evocative, suggesting a sense of wonder and exploration.

**"To the stars who listen and the  
dreams that are answered"**

Sarah J. Maas

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# Words of Introduction

Every day, I meet at least one person. It's easy to imagine how many people I have been acquainted with in my professional life, now being thirty-three years old. You might think that everyone is different and deals with individual problems. However, after my long-standing observation, our lives are not as complicated and different from each other as they may seem.

When planning my first book, I wondered about the question or sentence I hear from you most often. What is the most common problem, and what did I find so difficult in my life a few years ago that, without the help of others, I would not have been able to cope with it? This is how 'Organize Your Life' was created. In this book, I would like to show you how to plan your day (week, month, year) in order to have a meaningful, harmonious life and grow strong self-esteem. I will advise you on how to reconcile with the past, design the future for systematically achieving everything you've been dreaming about, and, most importantly, I will teach you how to live in the present!



*Aleksandra Struzalska*

# From Chaos to Clarity: The Path Ahead

In the hustle and bustle of everyday life, most of us have no idea how exactly we want to live and what we want to do with our lives. It is almost impossible to simmer ourselves down and think through our lives while living in a constant rush and noise. However, not knowing our goals and dreams is strictly connected to a deeper problem – not knowing who we truly are. Without this self-awareness, we cannot be certain of our choices and lack confidence in our actions, leading us to live in a state of suspension. In our personal limbo, we wait for some miracle to happen or someone to save us, not realizing that no one is coming, and we have to take action on our own. The prolonged exposure to this miserable state leads us to feelings of hopelessness and meaninglessness, causing us to question the necessity and importance of our lives. We feel worthless, and our actions seem senseless. We sink into despair and misery, harboring the thought in the back of our minds that others can get their act together and lead successful, well-managed lives. Consequently, we come to the conclusion that if others can, then there must be 'something wrong with me.'

Casting my mind back around 6 years, I remember feeling the weight of it all, lacking integrity, purpose, and values. I wanted "it" to simply be over. I decided that death would be the moment when I wouldn't have to live the life I had, where I wouldn't have to fight with my -

-self every day for a smile or the will to breathe, struggling with life and fighting for a life that leads to nothingness and vanity. Make no mistake, I had achieved a lot, measured by contemporary standards, but at the end of each day, I felt I had nothing. On an everyday basis, I felt like an inadequate loser, always comparing myself to others and feeling lacking. No matter how much I intensified my efforts, it seemed they were leading me nowhere. I was trapped in a loop, reliving every day like I was in a lucid dream, unable to wake up. I was haunted by meaningless activities like Sisyphus, doomed to fail from the start.

Some of us may admit that we have questioned the value or meaning of life at least once. Some of us may admit that we do not know what we are doing with our lives and have no idea where we are going. Only a few will openly discuss their suicidal thoughts or death wish, viewing it as the best escape from their current existence. This conviction is deeply rooted in us, whether we admit it or not; the feeling left unspoken does not go away.

During many conversations with my friends, colleagues, or acquaintances, I most often hear the following statements. Regardless of gender, profession, industry, age, family, or financial situation, the problems always stay the same. I strongly believe that each one of us faces the same challenges; only the names may differ. On the fingers of one hand, I can count the people who haven't expressed these sentiments to me.

- It all makes no sense.
- As usual, it did not work out for me.
- I had other plans, but it turned out as always.
- You know how it is – plans are plans, and life is life.
- I really want to, but...
- I used to really want to, but now I don't care.
- I don't have the strength anymore.
- Not everyone has it so easy as...
- I don't know what I want from life.
- It's too much; I don't know where to start.
- How do you do that?
- You always seem to know what you're doing, and I'm clueless.
- I can't decide; it's too difficult.
- I can't take it anymore; I want it to be over.
- You always have everything organized, but I can't do that.

If you also ask these questions or repeat these sentences to others or yourself in your head, then this book was written for you. If you want to know how I broke free from my crippling cycle of living a life of nightmares, achieved fulfillment, found joy and excitement from my journey on an everyday basis – basically how I managed to not only survive but to live – I invite you to join the lecture. In a direct and simple way, I will share my methodology, guiding you step by step through the entire process. I'll also reveal real examples from my life and the traps that I fell into along the way of transformation. I'm rooting for you!



# Facing the Reality

Over 350 million people in the world struggle with depression, and in Poland alone, that number exceeds 1.5 million – roughly equivalent to the population of our capital city. Depression is most commonly diagnosed in the age group of 20 to 40, and it affects women twice as often as men. These statistics are based only on diagnosed cases from research conducted in 2020 (I couldn't find any updated data). However, what about those who remain undiagnosed and untreated? Their numbers are in the millions. These figures refer solely to depression; they do not account for other disorders that significantly impact our daily functioning.

When I say that everyone should be in therapy, it is not a poetic exaggeration of the problem. Each one of us has traumas to work through and difficulties to overcome. We were all born with a high level of self-esteem, which has often been successfully lowered or crushed during adolescence. This, among other reasons, leaves us ill-prepared to cope with the demands of the current environment, leading to feelings of inadequacy and a spiral into anxiety, confusion, and depression.

Untreated depression results in thousands of suicide attempts and suicides, broken families, severe mental and physical illnesses, and economic and social problems. Depression has emerged as a new "cancer" devouring humanity and is recognized as one of the mo-

-st dangerous civilization diseases of the 21st century. Despite our awareness of the problem, the numbers continue to increase at an alarming rate each year, affecting younger generations. It is estimated that in Poland, over 70% of those suffering from mental illnesses remain undiagnosed and untreated. Some projections suggest that, at some point, half of the world's population will experience mental disorders, including depression.

What is the reason behind this state of affairs? In my opinion, there are many causes of depressive disorders and other mental illnesses, starting with the simplest, such as genetics. However, based on my experience and observations, the pace of modern life, our upbringing, and the rapid development of civilization play a direct role in this crisis. There are fundamental flaws in the way we raise and educate children, leading to a lack of self-awareness and self-concept as adults. During childhood, we learn that our emotions can be seen as inappropriate, shameful, wrong, or unimportant. This feedback from parents, teachers, or other adults causes us to dissociate from our feelings and view ourselves inadequately. We bury and forget our true nature, lacking acceptance and recognition that we are enough as we are.

As adults, without a strong sense of self-consciousness and self-concept, we cannot determine our goals or even recognize our true abilities. These untapped abilities, when properly recognized, developed, and channeled, may lead us to fulfilling our life's mission. Wit-

-hout a strong connection to our true personality, we are destined to live as empty shells, once created to thrive but now fading away. Nowadays our ambitions and goals often stem from ego, arrogance, and false self-esteem, rather than from the authentic core of our being.

Failing to achieve our goals, due to overly high expectations and impossible targets, slowly chips away at our peace and well-being each day. Each time we don't love, trust, or listen to our true selves, it will have an effect on our well-being and integrity in the not-so-distant future. The traumas and wounds from childhood, coupled with a constant search for external validation and self-worth, further erode our self-esteem. Slowly and through omission, we are driving a self-made blade closer to our vital organs because we do not include our true selves in the process of living, giving supremacy to others rather than ourselves. We find ourselves seeking approval and acceptance from others, striving for perfectionism and control, only to find that we are never good enough, beautiful enough, rich enough, or educated enough in our own eyes. This vicious cycle leads us to dig our own graves, repeating harmful patterns and behaviors or clinging to damaging beliefs.

Somewhere along the way, we've lost sight of the superior values that were once crucial for leading a healthy and joyful life. These values have been suppressed or reversed in modern society. After losing them and in the pursuit of finding new meaning, we dis-

-cover something shiny on the outside, yet corrupted on the inside – a fake substitute for true ones. Due to the breakneck speed of life, we lack the time and space to reflect on our purposes, mission, passion, talents, destiny, or our identity as living and breathing creatures with minds of our own. In a nutshell, this is my opinion on what causes anxiety, depression, and other mental disorders in today's world.

As a generation, we find ourselves lost in the pursuit of false purposes, ideas, and beliefs, contributing to the surrounding chaos. Our integrity has been compromised as we inflict disinformation on ourselves and others. As children, we did not have the chance to grow in a beneficial environment, so we cannot blame ourselves for not developing in a healthy manner. While we cannot change the past, we can accept it for what it is, and by acting in the present, we can influence our future. I strongly believe that we have the ability to heal and learn from our actions and their effects, as well as from the actions of our ancestors. I believe that my age group is reaping what our elders sowed, and individuals who are mindful and attentive will be the catalyst for change in the next generations. Chaos is not perpetual; it signifies the announcement of change and the cleansing of what is false, fake, or wrong.

Nowadays, it pains us that we lack our own values by which to guide our lives we have been given. We fail to establish worthwhile goals and plans for achieving them. We find ourselves unsure of what to do. We consume co-

-unless insights from experts on social media platforms, accumulating unrealized life ideas in our 'list of missed opportunities.' Regret and shame follow as we do little with them. We're focused on others' successes while feeling inadequate. Consequently, we join the rush with others, competing for a prize with unspecified terms and conditions. Is reality truly this pessimistic, or could the spark igniting the fire of change be here already, and am I privileged enough to witness it and write about it?

Over two years ago, the world came to a momentary halt due to the COVID-19 pandemic. It was a time when our rush for something undefined was unexpectedly and forcibly interrupted. This unforeseen pause allowed some of us to reflect on questions like "Is my life supposed to look like this?" or "What am I actually doing with my life?" It was a time of enlightenment for the fortunate, who used the period to make radical changes, free themselves from harmful patterns or beliefs, and grow as individuals. However, not everyone experienced such favorable conditions. For some, the pandemic arrived amidst dark and demanding times, exacerbating depression and other disorders. Many found themselves trapped at home, alone with their darkest thoughts and unsteady emotions, lacking support and help. The scale of all this led to an increase in suicide attempts and feelings of helplessness, robbing people of their appetite for life.

Although the pandemic has "supposedly" passed, its problems persist, not to mention the new global imbal-

-ance stemming from the ongoing war in Ukraine. The aftermath may bring economic instability and recession. The pandemic and war have also left tangible negative effects, such as death, mourning for loved ones, and loss of financial stability and security. As humanity, we carry the marks of pain, fear, and uncertainty within us, not only within this generation but beyond.

My past desire to die and the overwhelming anxiety I experienced were never formally diagnosed as depression. It is difficult for me to fathom the depths of what individuals suffering from depression must endure. When I recall my darkest days, it's challenging for me to imagine an intensity beyond that, except for the possibility of attempting suicide or being engulfed in complete emotional, spiritual, and physical numbness.

Depression, along with other anxiety and mental disorders, is no longer a taboo; it should not be regarded as something embarrassing. We must recognize the gravity of the situation – it is a deadly disease, and if left untreated, it leads to death! Symptoms such as mood disorders (regardless of circumstances), irritability, hostility, apathy, lowered self-esteem, self-criticism, victim syndrome, chronic fatigue, energy loss, problems with concentration, memory, learning, sexual dysfunction, eating disorders, excessive appetite, insomnia, excessive sleepiness, social withdrawal, neglect of duties, and especially suicidal thoughts demand immediate attention from a specialist.

No book or motivational videos on YouTube, nor even the most insightful article, can cure you. However, they can serve as an inspiration and a moment of realization regarding the importance of your life and your decision to embrace change. While it may be difficult to convince you that you are okay just as you are now, it's crucial for you to understand that everything you need to get better lies within yourself – a chance to be truly okay, in contrast to whatever dark or miserable state you are experiencing at the moment.

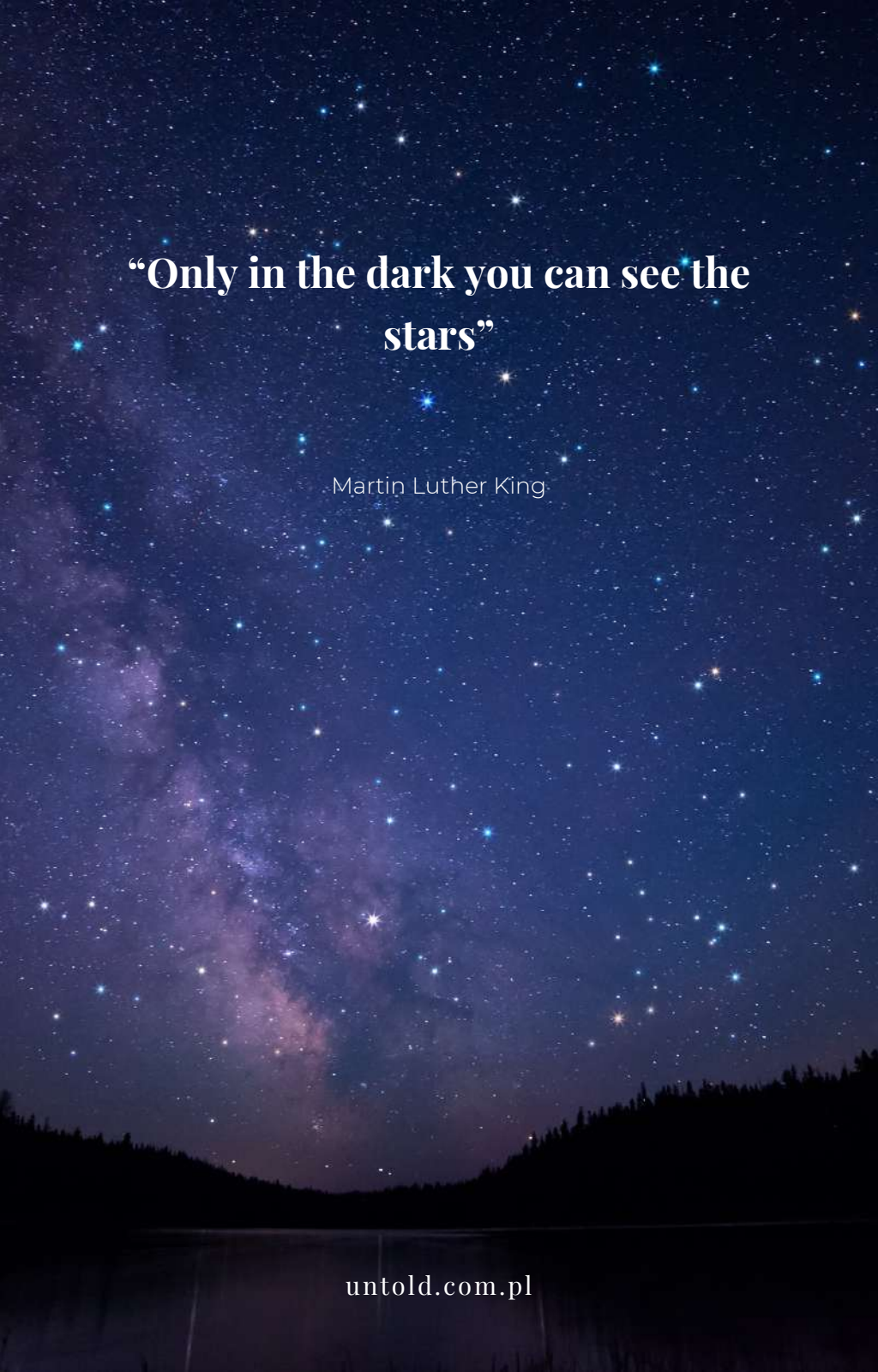
If you are contemplating whether to begin treatment, consider the numerous effects of untreated depression or other mental disorders: constant recurrence of severe depressive episodes, the development of anxiety disorders, personality changes, suicide attempts, eating disorders like bulimia and anorexia, weight issues, diabetes, atherosclerosis, heart attacks, strokes, migraines, and psychosomatic disorders without apparent cause, deterioration of academic and work performance, social alienation, loneliness, shortened life span, and death.

If you were to think, 'Good, I'm done, I want it to be over,' my dear reader, the ending you imagine is not as pleasant and swift as you might believe. It's better to take action to change the situation than to continue enduring this agony. Reflect upon the fact that the worst scenario is likely already here; now, it's time to rebound and create a positive transformation for yourself.

I could write a whole book, perhaps even a few, about this subject, but that is not the purpose of "Organize Your Life" As a society, we don't need further proof of the difficult situation we are in; we need solutions. I hope that what has worked for me will be a new beginning for you – a gate we will open together. Through your own work and willingness to change, you will pass through this gate, embracing the opportunity for self-improvement.

\*I am not a psychotherapist, psychiatrist, or medical professional, so my knowledge on this subject is based solely on observations of the environment, my own experiences, and the scientific literature in this field. After finishing this lecture, reflect on your current state and future actions. Decide, in your best interest, whether it is worth trying my methodology and considering that I might be right in helping you improve your life. I ask for the benefit of the doubt and trust in my point of view.



A night sky filled with stars and the Milky Way galaxy, with a dark silhouette of a forest at the bottom.

**“Only in the dark you can see the  
stars”**

Martin Luther King

*Remember, even in your darkest hours, there is still hope to be found. Just like bright stars, your true strength, resilience, and potential can shine. So keep moving forward with determination and hope. There is always an opportunity for growth and change.*



# Beginning the Journey


First, you should understand who you are. However, the painful truth is that 99% of us, at this early stage, are unable to truly answer this question because we lost this knowledge many years ago. Some may think they know the answer, but most likely, it will be one of the masks they have put on themselves. Masks that have no connection with their inner, true selves, disrupted or hidden at some point in their lives.

Children learn through experience, but many of us did not have such an opportunity. For example, we grew up in a home where our parents planned our lives for us and handed it on a silver plate, or they were domineering and overly protective, preventing us from making any mistakes. Maybe from an early age, they were diminishing our every try and idea, so we stopped doing anything at all. We are often pushed onto some path of life and behavior by belief systems and upbringing, and we are not able to empirically experience what is in our heart, what's the true song of our soul. So how can we know if we like doing something if we've never tried it? How do we get to know the world around us and the possibilities that are ahead of us if someone arranged our lives for us and didn't give us the opportunity to independently experience, feel, and see the world with our own eyes?

Youth should be a time of searching, experiencing, making mistakes (within the limits of safety), and learning from it. A majority of us have been stripped of this experience, and now in our adult life, it is time for you to regain this possibility, or more precisely, to create it for yourself. So, where do you start? By taking the first step on a path that will enable you, through your experiences, trial and error, to come closer to yourself and answer the question 'Who are you?' You've already taken the first step by reading this book and embarking on the journey of change. Realize this, congratulate yourself, and feel grateful that it happened.

During your tryouts, you have to be very mindful of what you're feeling. It takes practice to truly recognize your passion and desire. At first, you might think that you found it, but through the course of time, you will be shown otherwise. Don't turn your sight from the wrong decision, but value it as a great deal of experience and a chance of finding the truth.

However, before we get to the point of trying and experiencing, you need to evaluate your present state with as much objectivity as you can bring and simply rate the stage you are in now. We will use the basic coaching exercise called the "wheel of life." It is possible that you have already used it, but the question is, have you had a chance to work in-depth with yourself using this tool? Give it a try and discover more about yourself through this powerful coaching exercise!

A night sky with a crescent moon and stars above a silhouette of mountains.

**“By experience we find out a short  
way by a long wandering.”**

Thomas Hardy

*Through our journey, we gain knowledge, wisdom, and experience, which can lead us to discover ourselves, our purpose, and the true meaning of our lives. Do not be discouraged by the length of your journey; simply cherish it because it's how you are able to discover the essence of life. It won't always be pleasant and cheerful, but that's the beauty of it—this is the real adventure worth living.*



# The Wheel of Life

The wheel of life represents areas of human life, where each one refers to a different sphere. One without the other should not exist, because it disturbs the harmony and complicity we aim for. You cannot choose the area that interests you the most and give up on the others because they depend on each other and together create balance. Of course, you can do whatever you want, but this was the first trap I fell into at the beginning of my work with the wheel of life. Why? Because I thought I knew better; my arrogance deceived me. Don't make my mistake; trust the process. Also, choosing one of the spheres above all may lead you to obsessive behavior or addiction. Remember that you can be addicted not only to drugs, cigarettes, sex, or alcohol. It is a common misconception. You may be addicted to work, family, sport, your partner, and even codependency is a sign of some sort of addiction and stands in opposition to freedom and truth about who you are.

The wheel of life is used to assess the level of fulfillment in the most important areas of your life and to check if there is harmony in it. Balance in life is very important, not without reason, it is called the wheel of life, and not, for example, the triangle of life. Working with this tool allows you to identify areas that should be taken care of in the near future, set goals, and find means to achieve them. It allows you to find out where you are now and where you want to be.

As I mentioned earlier, the wheel of life can be divided into areas of your own choosing, but I do not recommend doing it for the first year or two of working with this tool because you simply are not experienced enough to do this properly. I worked out the following spheres personally with a licensed therapist during my sessions, and then I modified it a bit, tapping into my experience in the field of personal development.

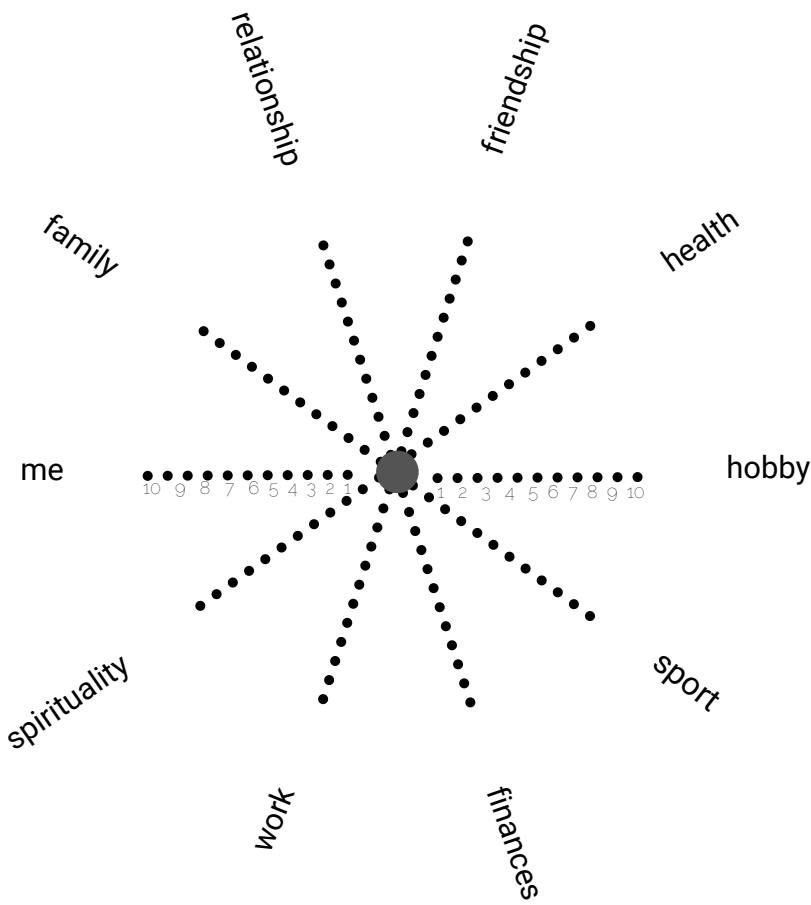
The circle you will find below is divided into the following areas:

- Me
- Spirituality
- Family
- Relationship
- Friendship
- Health
- Hobby
- Sport
- Finances
- Career

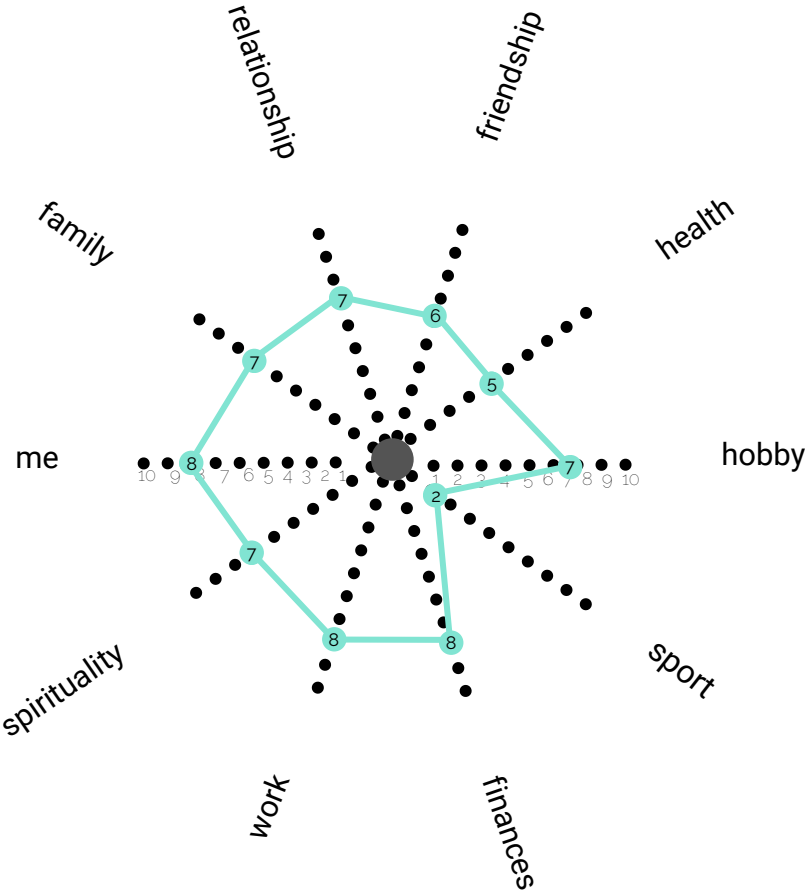
Your task: Copy the circle below on a piece of paper. Assess each area according to the current state on a scale from one to ten, where one means dissatisfaction or lack of activity in that area, and ten is the highest level of satisfaction and engagement. Mark your answers on the lines.



Provide answers that align with the truth, reflecting the current state you find yourself in. There's no benefit in falsehood; remember, this exercise is for your benefit, not for others. Take your time—there's no need to rush, but also avoid prolonged hesitation. Often, the initial thought or answer is the most instinctive and thus the most authentic.



After marking your answers on the lines, connect the dots and see what figure has been created. For a better example, I've included my private answers below (I did the exercise while writing this ebook).



The shape we are aiming for is a circle, but usually when you begin to work with this tool and focus on your personal growth, it has a lot of sharp angles and resembles more of a star or diamond than a circle. As you can see, mine now looks like a bitten piece of cheese or some other weird shape.

Why is the circle the ultimate goal? Imagine that you are driving through life in a car with rectangular wheels or other sharp-ended figures. It is certainly not easy; eventually, you may or may not reach a finish line, but how much easier would it be to travel the world on actual wheels? Your task is to create for yourself such beautiful, rounded wheels that help you ride on the bumpy road of your lifetime journey. You may achieve it through well-organized and systematic actions, but remember that your goals are related to the future, and the exercise you are doing right now is in the present. I asked you to truly and honestly assess the areas of your life, and if the star shape comes out of this task, it's all right. Congratulations on finding the courage within yourself to admit where you are at. Your answers are the base for our further work and a step closer towards your better future. As you can see on my wheel or (if you prefer) a piece of bitten cheese, I still have sharp angles despite working on myself for several years. Your wheel of life is a mirror of your life's current state, and it provides valuable insights into which areas should be improved and which ones should be put aside for a while. The more mindful and careful you are during work on your personal growth, the more rounded your wheel

will turn out to be.

As you may have noticed, I strongly emphasize the truth. It's crucial not only for this exercise in getting the correct baseline but also for all our decisions and actions in order to proceed properly and according to the situation. The output value is needed to achieve the correct and desired results of our actions. Subsequently, the intended result will boost our level of confidence and trust in ourselves, leading us to even greater achievements.

In contrast, an ill baseline won't get us anywhere near our goals and will strengthen our beliefs that we are not capable of achieving the things we desire. It will send a subconscious signal that we are not good enough for our dreams. It won't be the truth, but it will feel like it due to the wrong foundation resulting from lying to ourselves and avoiding facing the truth from the beginning.

Imagine a pilot who is about to land and is receiving wrong data about ground proximity. Based on this information, he starts the landing procedure too late, and the plane crashes. If he had the correct data, the plane would probably land without any complications. Similarly, imagine what would happen if an anesthesiologist receives the wrong lab results of a patient. The consequences could be dire.

You might argue that not everyone's actions in life are a-

-s irreversible as the examples above. Alright, let me share a less grave yet personal one. When I was fourteen, I volunteered to sing a psalm in a church during one of the school masses (I attended a Catholic private school at the time, so we had masses every day before classes). From a young age, my mother had encouraged me to sing at every possible occasion in the house, such as family gatherings and other social events with neighbors or my parents' friends. For years, people had been telling me how beautifully I sang and that I should become a singer or even a TV star. So, one day, with unwavering confidence, I stepped to the spot near the altar and began singing at the top of my lungs, in my mind performing like a professional artist.

At first, all eyes were on me, and silence fell upon the entire mass in attendance—my schoolmates and teachers. I interpreted this as awe and appreciation for my talent. I thought they were amazed by me and my voice. However, as I later discovered, it wasn't admiration from the audience; rather, it was pure shock. After my grand entrance, laughter erupted. People were trying hard not to show how poorly I was singing, and some even choked themselves trying to suppress their laughter. It turned into one of the most humiliating experiences I have endured.

When I finished my performance, I was petrified. I couldn't fully process what had happened, as it was a stark contrast to the usual applause I had received in the past. I sat on my bench, the first one in the row near the

altar, hearing whispers and laughter behind me. At that moment, I couldn't fully comprehend why this was happening. I turned to my friend sitting beside me and asked how it went. She replied with an almost stony face, 'It was good; they were laughing because you slipped a couple of notes, but you did well, so don't worry.'

You might think she was being gentle, but to me, it felt cruel. For days, I heard whispers in the hallways, but for a long time, no one had the courage to tell me what they were whispering about. When I got home, I asked my mom if I sang well, and she reassured me, 'Darling, you sang perfectly, better than anyone else.'

After that unfortunate event, I applied for a French music contest, but the teacher rejected me, saying there could only be one school representative. Imagine my shock when a couple of weeks later, I watched the contest from the audience and saw two girls from my school on stage. I volunteered to sing at other events, but teachers always claimed they had it covered and suggested maybe next time.

As you can see, the lies that my family and friends planted shattered my self-esteem at the time, not to mention trust in people and what they're saying in general. I became a laughingstock due to their cowardice and false praise for my voice, which wasn't as spectacular as they had led me to believe. You might think it was a small lie born out of love, that my family saw the joy I found in singing and wanted it to last. But t-

-he road to hell is paved with good intentions.

I became a joke at the expense of their misguided sense of doing good, because they couldn't bring themselves to tell a child the truth, fearing it might crush my passion. Instead, it crushed me and my spirit for years. Every time I speak publicly (which I do often these days), and every time during my singing lessons (which I've been attending weekly for three years), I feel the weight of my past humiliation and see the faces of a laughing crowd.

Even when my singing teacher praises how well I perform a song, it's hard to believe. I'm always left wondering if it's true or just another false reassurance from a well-intentioned but insincere person. So, as you can see from my personal experience, sometimes even small lies can result in serious consequences. I firmly believe that the kindest gift one can offer to another person, as well as to oneself, is the truth delivered with compassion—yet it must still be the truth that person needs to hear, even if it stings momentarily, before it causes more pain.

If I had known the truth, I might have started learning how to sing in order to sound beautiful. However, that wasn't my reality for a long time, all because of one lie and cowardice. It wasn't kindness; it was stupidity, which turned out to be more harmful than candor. That's why the truth holds such importance.

However, it is also crucial to mention that people often engage in wrongful actions not because they are inherently bad, but due to misguided beliefs and ingrained patterns. Many times, they act or react in a certain way simply because they were never taught otherwise or don't even realize the harm they cause with their behavior.

For a long period of time, I couldn't free myself from blaming others for my problems. I held onto a sense of being harmed, and that emotion led me to adopt a victim mentality, which hindered my personal development and growth. The best advice from my therapist was to acknowledge that I had been hurt and wronged, yet to understand that these experiences don't define my true self. I can't hold onto this pain indefinitely.

There's a time to feel sadness, grief, anger, and other emotions when adversity strikes, but there's also a time to let go, understand, and forgive. Every life experience, whether positive or negative, contributes to our growth and knowledge. Our journey shapes us, strengthens our character, and fortifies our resilience.

Rather than dwelling in regret, it's important to view past events for what they truly were, acknowledging the truth, accepting it, and moving forward. By letting go, we create space for new and better opportunities. It's not about seeking revenge, despite the short-term satisfaction it may offer. Revenge harms both parties involved and poisons the soul. While it might temporarily



-y elevate you, it simultaneously extracts something far greater and more valuable. Revenge is a bittersweet victory—it may provide a sense of triumph and accomplishment, but it exacts a toll, robbing you of something significant. It doesn't serve your well-being. I speak from experience, having spent nearly a decade seeking retribution and revenge, and it was one of the most crippling things one can inflict on their own spirit. (You can read an interesting article about this subject on my blog, titled '[Nightmares and Fairy Tales](#).')

False kindness has taken a toll on the Millennial generation. We were told that we could be anything we wanted, yet nobody explained the need for putting in effort, systematically improving our skills, setting clear goals, and selecting the right tools for achievement. We were taught to be submissive, meek individuals, waiting silently in line for our turn to be recognized for our hard work, with no explicit reason or purpose, just working for the sake of work. (You can read more about this topic on my blog in the article '[Programmed for Poverty](#).')

To this day, I struggle to comprehend the absurd teachings and beliefs I once embraced, which were supposed to lead me to fulfillment. We completed our education, obtained diplomas, and anticipated greatness, only to collide with the harsh reality that wishful thinking without purposeful action leads us nowhere.

Candor provides clarity and direct feedback, while insinc-

-erity offers us sweet deception, allowing the core issue to be sidestepped. Truth demands the courage to confront difficult subjects, requiring speakers to step out of the comfortable realm of understatement and non-confrontational situations. This doesn't imply freely sharing opinions without prompt, but rather answering when asked. It suggests that when tempted to lie to spare someone's feelings, it's often wiser to remain silent.

To this day, my mother refrains from asking questions when she's not prepared for the answers. Once, I asked her, 'Have I ever been rude or cruel to you?' She replied, 'No, but I know you would tell me the truth I might not be ready to hear. I prefer my life as it is because I can't handle more change, I can't handle the truth. I'd rather live in a pleasant lie, as it's more comfortable for me, and I lack the strength to fight for improvement.' Though I may not favor it, I respect her choice—it's hers alone. It's not my life or my decision. I am responsible for my choices and their outcomes, regardless of my care for others or my desire for their well-being. Acceptance doesn't equate to agreement; it signifies acknowledging someone as they are and affirming their worth. Like saying to someone 'I see you as you are and you are enough'

At last, telling the truth involves delivering feedback gracefully and with kindness and compassion. There's a significant difference between saying to someone, 'You are the worst singer ever; don't ever try it again,' and saying, 'You are not performing at your best as a singer r-

-ight now. There's a lot to practice, but with time and effort, you can improve.'

Speaking the truth extends beyond interactions with others; it also applies to our internal dialogues. Living under the illusion of well-being, when it doesn't align with the reality of our circumstances, inflicts more damage than we can fathom. This is because we cannot take appropriate actions to rectify nonexistent issues. Deep within our subconscious minds, we might feel like betrayers of our own being. We end up leading a false life, entangled in delusional scenarios, while shying away from responsibility, self-worth, and self-trust. After all, how can one trust a fraud?

Expressing the obvious truth in a compassionate manner is what love and respect look like. Lies you may expect from your enemies or people who at least are indifferent to you, but sometimes it happens that only from our enemies we might hear the truth that should come from loved ones or ourselves. Truth is reality - it is what it is. The right question is: What will you do about it? You bear sole responsibility for your life and wield the power to shape your actions or their absence. Embrace the truth to mold your life according to your needs, or hear it and spiral into despair, jealousy, revenge, or malice.

Maintaining such thoughts and behaviors would render me in a victim position, a state that could persist indefinitely. Until the moment of realization that my life's

course hinges on my decisions, and I choose action. I've acknowledged that my singing voice is far from perfect and opted to learn how to sing rather than shying away from it forever. I've chosen to perform publicly instead of hiding in the last row haunted by past traumas.

The longer you evade responsibility, the greater the ensuing disappointment. Dismissing the truth exacts a hefty cost in lost time, opportunities, and, more significantly, self-respect. You might deceive those around you, yet self-deception is elusive, lurking in the recesses of your mind, undermining your true self, potential, and self-esteem. Without self-worth, you cannot be adequate and prepared enough to have a meaningful life. Lies, eventually, come back to haunt you at the most unforeseen moments, possibly contributing to anxiety and mental disorders.

Lying extends beyond conveying falsehoods; it encompasses denial, pretending, and evasion. I firmly believe that truth ranks among the most vital values, standing shoulder-to-shoulder with love for oneself and others. Driven by that love, we're willing to share truths with others, even when it's inconvenient or difficult to digest, all in the pursuit of respect and their best interests. Similarly, we owe ourselves respect—a recognition of our inherent worth as beings deserving of the truth. An individual worth taking care of, important to both ourselves and others.

However, the quest for truth and self-esteem isn't a competition with others; it's not a contest. In your journey, measure your actions only against the vision and goals you've set. It's this self-appraisal that garners respect and fulfillment from within, independent of external validation. Living life to meet others' expectations holds little value. Evaluate your life on your terms, but ensure your self-evaluation is genuine, untainted by masks of overachievement, perfectionism, pessimism, or any other harmful behavioral patterns and beliefs.

**“Don’t be afraid to tell the truth. It’s better to hurt someone by truth than to make them happy by lies”**

Khaled Hosseini

*Telling the truth is a moral responsibility that each of us carries. In the current era, authenticity holds greater significance than ever before. Embracing the truth not only guides us towards a meaningful life but also fosters genuine and valuable relationships. Pursuing honesty is always worthwhile.*



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Aleksandra Strugalska is the author of the articles on the website [untold.com.pl](http://untold.com.pl) and the 'Organize Your Life' book. She is also a co-owner of Viral Code, a software house specializing in the IT industry (websites and ecommerce), and an Executive Director for the Lodz region at the international business organization BNI.

The Untold blog features content that provokes reflection and encourages change. Its blog posts are boldly candid and refreshingly simple, eschewing the expected correctness of the 21st century. Instead, it touches on topics that "should not" be said but often mirror the thoughts many of us have. If you're on a lifelong quest for answers and want to bring about change but don't know where to start, consider altering the perspective through which you view the world and the daily content you consume. Untold serves both your personal and business development, stimulating reflection and fostering change in the lives of its readers – provided they have the courage to acknowledge and act upon it. I invite you to explore my articles and witness the impact for yourself!

*"From Chaos to Clarity:  
Unlocking the Power of Order"*

# ORGANIZE YOUR LIFE



Aleksandra Strugalska