

## **Hoorah Taheri, ISH-DC Resident: Howard University, Candidate, Nutrition Science PhD**

As we [ISH-DC residents] were talking and sharing our thoughts and feelings in the House and expressing our frustrations during this semester for shortage of time and overloaded with school work, I decided to share my feelings with you.

Expressing emotions releases stress and listening to someone else's struggles, reminds us of our own and the fact that we are not alone and that we are in the same boat moving towards the same destination called: SUCCESS!

Not too long ago, I watched a movie: "The Secret". According to the movie and based on the law of attraction, what we attract, attracts us. Even though, it may sound philosophical, it's just a basic concept: We attract what we think about the most. So, if we want to attract success, we should think about success. Envision it now! How does it feel? That feeling can be manifested and be the source of our power. If we can see it, if we can feel it, we can make it happen! How? We all have the inner power to make things happen in our lives, but we have to have a clear vision, and wipe off all negativities from mind and constantly think positive and focus on our goals without a doubt. Having a vision board and sticking our favorite statements, pictures, places, etc. to remind our goals is helpful.

It was a good reminder for myself, as I was giving a lecture to another resident for having appreciation, since the most precious things we have in life (health, love, roof, career, etc.) are mostly forgotten, least appreciated or even taken for granted. By appreciating all the things we have, no matter how small it may seem to be and reminding ourselves of how many people on this planet wish they had our opportunities and were in our position, we will realize how lucky we are at this time, at this moment.

As we are racing against time to meet the deadlines, I keep reminding myself: *"If not now, then when? if not me, then who?"*

Key words: *"Thank You"*, *"Positive Thinking"* and last, but certainly not least: *"hard work"*!

Good Luck 😊