How much trouble do you think the world is actually in right now?

Now, there's a sentence that could start an argument in an empty room.

In my opinion? A whole heap. But that's not something new, is it? Each generation has its own troubles and its own version of "How we're destroying the world." And each generation could argue that their technology, habits, wars, whatever, are destroying (or saving) the world.

I make it sound hopeless don't I? I don't mean to. And I don't think it's a lost cause. What I do think, is that we each have to do our bit to make this world a better place. That can be something as "small" as not using plastic bags when you pack your groceries, or something as "big" as "Band Aid" (Look it up young'uns)

So. What am I doing to help the world? Oh, I'm on a crusade. I'm improving the mental health of the people of the world. I'm making women feel good about themselves, whatever their circumstances. I'm reducing the suicide rate which is absolutely horrendous worldwide but particularly in New Zealand where I live. I'm currently focusing on women, because I believe that it's time we had more power in this world, the guys have had it for ages, and look where we are.

I'm not stopping there though. I'm teaching people that a different life is still a valuable one. We should celebrate our differences, learn from each other, give a shit about other people's beliefs whether we agree with them or not. Can you imagine what kind of world we would have if we didn't go to war because I believe in a different God than you?

And yes, I know this all sounds very ideal and lofty. So, how am I going to take on such a huge task? One step at a time, my friends, one step at a time. When I accepted my childlessness, I also decided that I just didn't give a shit anymore. No more worrying about what other people thought of me, no more trying to fit in, no more trying not to stand out (which was always a lost cause considering my weight at the time). For years I'd put off dressing the way I wanted to, dying my hair the colors I wanted to, and getting the tattoos I wanted to, in case I embarrassed my future children.

No children coming? No holds barred! And with that decision, came a massive amount of freedom. I am who I am, and you can take it or leave it. The other side of that attitude though is, "you are who you are, and I will respect that, whether or not I agree with it." Yes, there are exceptions, I also believe that racism, sexism, any ism really, is not acceptable. But if we all have the attitude that your life is your own, it's valuable, meaningful, and I can learn from it, then the ism's will eventually disappear.

Idealistic? Maybe. Doesn't mean we shouldn't try. And it must start with ourselves. Our biggest isms are usually against ourselves. I believe this is because we don't truly follow our joy, our passions, and we don't concentrate enough on keeping ourselves emotionally and mentally well. We have to be happy. But to do that, we have to know what makes us happy. And if we can't find happiness in the life we expected to have, then we need to find it another way.