

Arizona In-Touch Student Essay Contest

The people closest to me have always described me as “handy”; someone that can step-in and do anything when the occasion arises. You might say that I am “a Jack of all trades, Master of none”. This made me feel instantly good on many occasions. However, the gratifying sense of people relying on me to meet any need established a pattern of distraction. Every time I pondered what it is that I want to do, the only answer that surged was, “help people.”

Massage therapy naturally opened the door to another skill by which to help people. The challenge I face is to focus on the path a career can unveil instead of feeling stuck in the center of several forks in the road. A great deal of resistance presents itself at the thought of missing out on all the fun of taking every path at once.

That desire to please others makes me an impressionable person, but I am beginning to realize that it is possible to impress yourself. It is a difficult idea for my mind to swallow. Just as you need to push your own tongue back to get that undercooked broccoli down that your mom says is “good for you”; I must do the same with the idea that Massage Therapy is a career that deserves commitment (even if it’s forced).

While in school now, I am acquiring a taste for commitment and now find myself scheming of other ways to commit to a fulfilling career. Suddenly, all those diversions in the road that I found so attractive are changing direction as I look back on my Massage Therapy path. Instead of leading out to other careers, those dabbled skills appear to be converging into this one. I can see the benefit of the choices that I’ve made and now walk down a wider more

comfortable experience: one that is no longer precarious and difficult to discern, but stable and with distant perspective.

Massage Therapy enriches my perspective and encourages me to pursue additional opportunities. My future, while inherently undefined, has direction. Instead of wanting to do it all, I just want to be great massage therapist. It is a rich field and the possibilities are exciting. I will weigh my options and assess my skills to be the best massage therapist for which my capacity allows. Massage Therapy is a foundation for me to build upon. I embrace the decision. Once I graduate, I will continue to challenge myself with appropriate goals. As soon as I can call myself a Professional Licensed Massage Therapist, I will pursue certification and acquisition of accolades as a Fitness Trainer, a Yoga Instructor, and modalities such as Reflexology, Thai Massage, and Acupressure!

Being challenged to decide on one career is inspiring. It helps me stand under the value of my past, the richness of my present, and the potential of my future. Perhaps those close to me still consider me “handy”, but rather than attempt to step into the role of a man of all trades, I’ll filter my skills toward wellness and be a Master of one.

By Wendell Doman