HEALTH

Your Dreams Need You to Be Healthy

Hunaiza Khan*

* *Correspondence: Hunaiza Khan*

Received: 26 October 2026 **Published:** 21 November 2026 **Volume 13, Issue 4** (Oct–Dec 2026)
Article no.: e217 **Open access** · free to read

You have a dream. You want to become something in life, something extraordinary. Maybe you want to become a successful doctor, a writer whose words touch millions of hearts, a businessperson who builds something meaningful, or simply someone who makes their family proud. You have plans, goals, and a picture of the person you want to become. You tell yourself that you will work hard, stay focused, and do whatever it takes to reach your destination.

And so, you begin.

You spend hours studying, working hard, planning, and trying to improve yourself day by day. You sacrifice your sleep to finish one more task each day. You skip meals because you are too busy. You ignore the headache because there is still so much left in your plate. You tell yourself that you will rest once you achieve your goal, eat properly when things become less hectic, and take care of yourself when you finally have some time.

But somewhere between chasing your dreams and meeting your responsibilities, you forget the person who is doing all the work.

You forget yourself. Your first priority.

And one day, your health begins to remind you of everything you have been ignoring.

When Your Body Can No Longer Keep Up

It often begins with little things. You wake up feeling tired even after sleeping. You struggle to concentrate on tasks that once felt easy. You feel exhausted throughout the day, lose patience over small things, get irritated, or find yourself feeling physically and emotionally drained.

Yet, you continue pushing yourself because stopping feels like falling behind.

We live in a world where being busy is often mistaken for being productive. Working late, managing endless responsibilities, and sacrificing personal time can feel like proof of dedication. Sometimes, we even feel guilty for taking a break, as though resting means we are not trying hard enough.

But we are not robots, our bodies are not machines. They need proper nutrition, sufficient sleep, physical activity, and time to recover. When these basic needs are repeatedly ignored, our physical and mental well-being can suffer.

Stress can affect our mood and concentration. Poor sleep can make everyday responsibilities harder to manage. An unhealthy routine can leave us feeling less energetic and less prepared to face the challenges ahead.

The truth is that your body has limits, even when your ambitions do not.

You Cannot Build Your Future by Neglecting Yourself

Think about it for a moment. What is the purpose of achieving everything you have ever wanted if you can't enjoy it or are too exhausted to enjoy it?

What is the point of reaching your destination if the journey leaves you feeling disconnected from yourself?

Your dreams matter. Your responsibilities matter. Your hard work matters. But your health matters just as much.

Taking care of yourself does not mean you lack discipline or ambition. In fact, it is an important part of sustaining both. When you feel rested, nourished, and mentally balanced, you are often better prepared to think clearly, make decisions, manage challenges, and give your best to the work that matters to you.

You do not have to choose between your goals and your well-being. You need to learn how to make space for both.

Success should not require you to ignore every warning sign your body gives you. You should not have to wait until exhaustion forces you to stop before you realise that you deserve care, too.

Start with Small things

Taking care of your health does not always require a complete lifestyle transformation. Sometimes, it begins with simple decisions that you make consistently.

Eat your meals instead of repeatedly replacing them with cups of coffee. Make time for adequate sleep rather than treating rest as a reward you must earn. Take short breaks during long working hours. Go for a walk, stretch your body, drink enough water, and spend a little time away from screens.

Pay attention to your mental health as well. Give yourself permission to slow down when you feel overwhelmed. Talk to someone you trust when things become difficult. Learn to say no when you have taken on more than you can reasonably manage.

Most importantly, do not dismiss persistent symptoms as something you simply have to tolerate. If you continue feeling unwell, seek appropriate medical advice rather than assuming that pushing through will solve the problem.

Small changes may seem insignificant when you are chasing a big dream, but your everyday habits help shape the life you are building.

Your Health Is Part of Your Dream

Imagine the person you hope to become five or ten years from now. Think about the opportunities you want to explore, the experiences you want to have, the people you want to spend time with, and the goals you still want to achieve.

Now remember that the future you are imagining needs you to be there, too.

Your dreams need your effort, but they also need your energy. They need your dedication, but they also need you to recognise when you need rest. They need your determination, but they should never require you to treat your own well-being as unimportant.

You do not have to wait for a health problem to remind you that your body deserves attention. You can start today, with one better choice, one proper meal, one peaceful night of sleep, or one moment in which you decide that your well-being matters.

Because at the end of the day, your health is not an obstacle standing between you and your dreams. It is part of what makes those dreams possible.

So, keep working towards the life you want. Keep learning, growing, and becoming the person you hope to be. Just remember to take care of yourself along the way.

After all, you are not only working to build a better future.

You deserve to be healthy enough to live it.

Competing interests

The authors declare that they have no competing interests.

How to cite this article (Vancouver)
Khan H. Your Dreams Need You to Be Healthy. CHEARS Chronical. 2026;13(4):e217. Available from: https://chears.in/journal/volume-13/issue-4/your-dreams-need-you-to-be-healthy-217
Published in CHEARS Chronical. https://chears.in/journal/volume-13/issue-4/your-dreams-need-you-to-be-healthy-217