“What Being Tall Means to Me”

In this world, there is a diverse range of heights. Every short, medium, or tall person has different experiences every day. We all go through life with distinct mindsets. Height doesn’t define us; it is a part of us. Many people discuss the prejudice of different heights, but those with a few extra inches or with a few less inches all see the world from a different perspective.

From a young age, I have always been the tallest person in the room. Tallness runs in my family, and we were taught to see it as a gift to use to its fullest potential. I always saw my tallness as a way to propel me to success. I never thought of the depth of my height, but people always seemed to notice. Along with my height came a few problems. I could never find clothes that were long enough; my knees hit the desk at school, I always stood out in group pictures, and people always thought I should be paired with the tallest guy. I could see above everyone, I could reach high places, and I could reach farther. It sometimes seemed that I stuck out like a sore thumb. It seemed to me that people couldn’t figure me out. They made assumptions before they got to know me.

However, my height never hindered my social interactions and pursuits. I was always able to be myself. I took it as a chance to have fun, to see how far I could stretch my capabilities. I became a leader, an athlete, and a great friend. I played four sports: basketball, volleyball, soccer, and track. I am the President of three different clubs. I am smart, thoughtful, observant, strong, and work hard. I use my height to connect with people. I am able to show them kindness and give them comfort. People do not see me as the “tall girl”; they see me as the encourager. My motivation derives from the deep belief in kindness. All of humankind is made uniquely. Kindness shows the intentionality of care, creating an environment of inclusion.

Comparison could have easily led me astray, but being tall gave me confidence. There was never a burning desire to shrink back. I always believed in myself. Life has shown me the joys of being tall. I have a license to take up space. Tallness enables me to navigate the world with a clearer view. I can stand tall and walk with poise. Being tall means being able to take on the world with a higher standard and higher hope. Every goal I have set for myself can be achieved. I can work harder than anyone else and prove to societal stereotypes that physical appearance is not an obstacle to overcome, but to utilize. We have the opportunity to use all of our capabilities to make the world a better place. All 5 foot 10 inches me are made for a greater purpose. It is not about how I look, but what I can do. I have learned that it takes courage to be tenacious in all I do, to adapt, grow, and change. I should never try to conform to what the world wants of me. Tallness has given me the gift to soar like an eagle. Stature is not about height; it is about character. Maturing and growing into your body takes courage and vulnerability to reflect. Being tall is the essence of living life to its fullest, highest potential.