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The wind blows from areas where the atmosphere pressure is higher to where it is lower. When warm air rises, cooler air will replace it. This causes a horizontal air flow, which is wind.

Observed on a global scale, winds do not blow in a straight line. This is because the earth is rotating. In the northern hemisphere, the spin of the earth causes winds to curve to the right. Therefore, winds blow clockwise around an area of high pressure and counter-clockwise around low pressure. In the southern hemisphere, winds curve in the opposite direction from those in the northern hemisphere for the same reason.

Atmospheric pressure is measured in hectopascals (hPa). Standard pressure at sea level is defined as 1013 hPa. Either high or low areas on the weather chart are all relative to each other. In other words, what defines a “high” or “low” depends on the area around it. Areas of high and low pressure are respectively caused by descending and ascending air. High-pressure systems tend to lead to dry and fine weather, and low-pressure systems often lead to unsettled weather.



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In 1949, a four-year-old boy contracted polio. The disease left his legs paralyzed, and he had to learn to walk with crutches. That same year, the young child also learned to play the violin. His name was Itzhak Perlman, and he went on to become one of the world's greatest violinists. In all walks of life, there are people who work very hard to succeed, sometimes overcoming great odds. They prove that by unlocking one's motivation, one can achieve amazing things.

Motivation, the desire to reach a goal, includes wanting to do something and following through to its completion. To explain these forces, psychologist Abraham Maslow wrote about a "hierarchy of needs." According to Maslow, we are first motivated to meet basic needs for things like food, water, and safety. We then move on to ever-higher levels, the top one being our need to unlock our full potential. If you are a painter, for instance, that would mean pushing yourself to be the best painter you can be.

As we work towards our goals, there may be obstacles in the way. How we deal with them is important. Some people worry about the negative feelings or embarrassment that can come from failing. They avoid challenges and give up easily. High achievers, in contrast, see obstacles and look for solutions. In the 1990s, J.K. Rowling was a single mother struggling to raise a daughter. Her first novel was rejected by several publishers, but she kept trying. A publisher finally accepted the book, Harry Potter was introduced to the world, and the rest is history.

To build one's motivation, a helpful technique is to replace bad habits with good ones. According to research, it takes an average of 66 days to form a new habit. So be patient and persistent. Let's say you want to get into better shape, but you never exercise. You might set a goal of jogging five kilometers per week. Start by jogging half a kilometer. Over time, slowly increase the distance until you reach your goal. Setting clear targets and reaching them creates a positive feedback loop, building confidence.

Nobody is born a legend in the music, sports, business, or any other field. It takes years of persistence. During his basketball career, Michael Jordan misses many more shots than he made. But he played hard and never gave up. As Jordan once said, "I can accept failure. Everyone fails at something. But I can't accept not trying." Such motivating words are well worth taking to heart.

