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Strengths and Challenges

There are a lot of challenges that people may face in their daily lives, whether it is something as simple as making a decision or something broader that could change your whole outlook on life. At some point in life, there is a struggle that we all go through, but it is up to us to know how we will respond to it! Life consist of new beginnings, experiences, challenges, and achievements all of which what makes us who we are today. Sometimes things that happen in our lives that is good or bad has some sort of teaching method of why it happened or positive things that may have came about from it. Either way, we should all continue to live life to the fullest and do our best in everything we do!

Overcoming obstacles and moving past things that has happened in my life has been a huge challenge for me. I had started to feel lost and had no idea of how to move forward because I always had a negative mindset. Realizing that I had to move forward and to have a more positive mindset has indeed helped me grow into the bright individual that I am today. It has also made me open my eyes up to why it may have happened, being that everything that happens in life is all for a reason. This experience has taught me to always strive to make better decisions and embrace new challenges in my life. Being the young adult that I am, I have realized that I have many more challenges and obstacles coming my way. "What doesn't kill you makes you stronger" is a strength that I have coped with when dealing with this challenge. I also exercise, read books, write in a journal, or hang out with friends! This is a way in which strives me to be better than I was yesterday! I can indeed say that this challenge has changed the course of my

being. Even with these challenges and changes that I have faced, it is all up to how one deals with them that makes them become even stronger!

When moving on from the past and instead focus on what is happening right now, I have learned that you cannot go back and change what may have happened back then. I have also learned to build positive mindsets and habits to help me feel more in control of my life! I remind myself that whatever happened made positive things in my life come about and has matured me into a young adult. I start to believe now that I needed these things, otherwise I may have not been where I am today or have that positive mindset to where I can overcome anything that comes my way! Just like any muscle in our body that needs to be worked out, so does the ability to overcome a sort of challenge! It has also made me gain confidence and only find reasons to appreciate everything around me! I have learned that if I want to figure out an answer or solution to a challenge, it is up to me to take action and accomplish it! No matter how big or small the challenge may be, I have to finish with some sort of completion!