**“My Experience of Overcoming”**

It is a very common thing to have challenges in life that completely shape us into what we are at the moment. In my life, I have undergone many obstacles that have challenged my strength, resilience and determination. Each challenge has taught me something useful and made me grow as an individual. This essay is about some incidents which happened and how I managed to overcome them.

The diagnosis of a chronic illness which called for long-term treatment and lifestyle adjustments was one of the most significant difficulties I encountered. Being told that I had a chronic illness was heart-breaking; it felt like my world was beginning to fall apart around me. However, I came to terms with it and had to make changes in order to be able to cope effectively with my condition. Research, consulting medical experts, developing a positive mindset helped me cope up with its initial shock

Another major difficulty I faced was during my college years when I had trouble with academic performance and time management. Full-time studies along with part-time jobs and club activities could be a bit too much for me sometimes, resulting in a lag in my studies and low spirits every now and then. But I refused to give up, instead approached tutors, academic advisors as well as other students to assist me on how to go about it. They taught me the best way to study effectively, prioritize workloads, leading to remarkable improvement in my grades.

One of the most difficult things that required resolution from me was the loss of a dear one. Grieving and dealing with emotions that come after losing someone close is always hard. I passed through denial, anger as well as being sad before finally accepting what had happened. It was a long painful journey but through family support systems and friendship circles, therapy sessions among others self-care practices which helped me heal slowly find meaning eventually.

At a more personal level, there were also problems of self-assurance and doubt that I myself had to face. Unproductive feelings brought about by these thoughts towards my own ability made me feel less successful. My negative beliefs and emotions like low self-esteem hindered my objectives’ pursuits. However, with introspection, therapy and developing good support systems, I have been able to squarely face such feelings and contribute towards creation of a positive self-image. The experience of challenging those fears has been transformative for me since it gave me the confidence I needed to pursue opportunities.

On top of those personal experiences, there are certain difficulties that I overcame in my career path. This was an intimidating process through which one had to convince first time employers on their suitability for the job based on qualifications, experience among other attributes.. This could be done through rejection or uncertainty but most importantly persistence and being proactive in applying for jobs as well as networking and improving myself technically. As a result of this determination however;I got employed in a position that matched up with my career ambitions and goals.