

Finn Champion

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### Growth Through Adversity

Life is a journey filled with twists and turns, highs and lows, and unexpected challenges that test our resilience. Each obstacle we encounter presents an opportunity for growth. Looking back on my own experiences, I remember a time in my life when I was extremely self-conscious and didn't like myself, but I faced this issue head on and emerged stronger and more determined than ever before.

A couple of years ago, I found myself grappling with a lot of anxiety and self-doubt. It was a tumultuous time marked by uncertainty and fear. I was trapped in a cycle of negative thinking. I constantly questioned my abilities and worth. However, during this time I made a big decision, to confront my fears. I started taking proactive steps towards bettering myself. I got support from my loved ones, confiding in them about my struggles, seeking their guidance and encouragement. Their belief in me served as a source of motivation, pushing me forward on my journey of self-improvement.

One of the most important lessons I learned during this period in my life was the importance of self-care and prioritizing my mental health. I started praying more, reading the Bible, and listening to more music. Doing these things helped me become a calmer and more peaceful person. After adding these things into my routine, I felt stronger and more healthier. Because of my new-found spiritual strength, it felt a lot easier to face adversity.

Another thing that I did to make my life better was to adopt a growth mindset. A growth mindset is basically getting into the headspace of wanting to improve yourself in an aspect of

your life. Doing this helped me grow and change into a better person. I started going to the gym to build muscle and become stronger. To this day, I still go to the gym everyday, but not just to grow myself, but because I love going! I also started eating healthier and started doing more cardio. I began participating in more sports and started practicing with the wrestling team at Atlantic Coast, and when I began high school at Kenny, I joined the BK wrestling team. All these physical activities helped me become a better and stronger person.

Having confidence is the most important part of self growth. Being confident in your abilities, body, skills, and personality can improve your life more than anything else. There will always be people better than you in everything you try, but as long as you are confident and try your best, you will succeed. When I started believing in myself more, I felt that I started succeeding more in my daily activities and was a happier person. The way that I made myself confident was thinking that, as long as I gave something all my attention and poured myself into that thing, then I have done my best and succeeded, even if I failed.

As I continued to navigate the ups and downs of life, I encountered many new challenges that tested my resilience and determination. However, each obstacle served as a reminder of how far I had come, and I reinforced belief in myself. I discovered strength and courage that I never knew I had. Looking back on my experiences, I am grateful for the valuable lessons I learned and the person I have become as a result. Overcoming adversity has taught me resilience, perseverance, and the importance of embracing life's uncertainties with an open mind. I came out of this stronger, wiser, and more compassionate than ever before.

In conclusion, overcoming adversity is a journey that tests yourself and challenges you to grow and evolve. By embracing confidence, practicing self care, and cultivating a growth

mindset, you can emerge from life's challenges stronger and more resilient than ever before. It is through our struggles that we discover our true strength and potential, paving the way for a life filled with purpose, resilience, and growth. I truly think that if everyone in the world did these things, then the world would be so much better.