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English 1 A
11 January, 2024
WC:434

Post-it notes

My mother is the kindest person that I know. Growing up she taught me many lessons like learning to get off using training wheels, how to cut vegetables the correct way, and the simplicity of working hard for what you want. All of these aspects and life lessons have helped me view the world in many different ways. Also how I project my actions into the world. Whether using the gift of having a voice or the simplest touch of affection and warmth. However, the most important advice that I learned from her was to simply be *kind*. Kind to one another, to our mother nature, the stranger that you pass by everyday, and most importantly to yourself.

We all receive knowledge from our parents; the first human beings we interact with, the ones who changed our diapers, packed our lunches with sweet little post-it notes inside and most of all loved us. They were our first sense of comfort. The tenderness of love. The rawness of sharing different emotions of milestones together. Each and every one of us has a backstory on what made us who we are today, how our past social events shaped the way we perceive ourselves into this world. Every event, from the first day we were entered into this light to our first breakup to graduating school. Each of these events has impacted and developed us into who we are today.

The people you surround yourself with, whether it is friends, family, teammates they are the ones who influence you towards the same intentions as you. This either projects a beneficial

or non beneficial effect towards you and your goals. As an athlete I receive a lot of dedication and communication skills from my environment of swimming everyday. My teammates, my coaches, my opponents. This has helped me into the outside world as well, using my social and communication skills to an advantage. This has helped me better project my voice towards those around me.

I've also learned to adapt skills from those that surround me other than just swimming. My friends, teachers, family members and even acquaintances. The simplest piece of advice or action can make a change into the world. Using that towards others can help them better learn how they act and feel. Passing on one by one. Learning to pick up these small pickets of the random stranger walking with his morning coffee. It could easily change the way you perceive this society. Each post-it note can make a difference.