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Period 2

Mrs. Waters

The Science of Character

Every person has a different character. This character is influenced by your surroundings and some genetics. My character is still not solidified, it is changing every day with new experiences, and meeting new people. For the first part of my life my parents influenced my character the most through the morals they were raised on. My parents gave my core morals, but as I get older, other things, different than my parents, shape my character. My friends have influenced me in a good and bad way, but all of these experiences shaped me into the person I am today. These enforced strengths and showed my weaknesses.

Over the 15 years I have been alive I have been curious about everything. Meeting new people, seeing new places. All my life I have been pretty good at making new friends. My curiosity caused me to become a leader because I was so motivated to see the future. Being a leader is very important to me because I can see the end goal instead of seeing the situation in front of me. A leader needs to look for the good in a person and help the buttress that strength until they become a leader themselves. I found myself being a leader because I take control of the situation and find a solution for everyone. I was not always like this. Before 8th grade, I was extremely shy and not self-confident. When the 8th-grade year started I wanted a change, at the time, I was very overweight. I got bullied and I was over it. I showed self-control by being aware of what I was eating, and in only 2 weeks I lost just over 20 pounds. I continued to lose weight and gain muscle. After I was not overweight any longer, I thought about getting back at all those kids that called me fat, but I decided to take the high road and, again, show self-control. Now the present day, I help people lose weight and inspire people to do what I did. The most

satisfaction I got out of being a leader and showing self-control was when one of the boys who called me fat in 8th grade came up to me and asked if he could get some help with working out and getting in shape. I helped him. During school I was also a very hard worker. Hard work was also one of the core morals that was implanted in me as a child. This caused me to be creative. Every day I look at school or any experience as a learning experience. Anything I decide to take part in I show a tenacious attitude towards it even if I don't want to do it. This is because of my creative side. Being creative also leads into my next strength which is optimism. Being a leader and being creative naturally causes you to become an optimist. An optimist means that this person looks at the good in a person and sees that world as what we can do for it instead of only seeing what is going bad. All of these strengths helped me in my life but all of these cause weaknesses as well.

Everyone has some weaknesses in their lives, a sort of Achilles heel in their character. Since the beginning of my life, I have had some weaknesses, though these were hidden. As I grew older I learned of these weaknesses and also others were made. I was grown up humble, to work on myself and not be too self-confident. Every time I notice a weakness I try to work on it and solve it. Life involves a balance of strengths and weaknesses because no one is perfect. But this balance sometimes gets out of control, most of the time this balance leans towards weakness because we let this happen. Some of my weaknesses include commitment to something. In my life, I have had to commit to many things but I am still afraid of committing to one person or one objective. I like to keep my options open but that doesn't work all the time. I am still working on my commitment issue but it is something you can solve. Another weakness I have is my bane, my Achilles heel. I struggle to keep my attention on one person or objective. I don't have ADHD, my mind just gets bored, it needs a constant stimulation. This is why I listen to so much music because it helps me focus and excel. This is one weakness that for some

reason I can't get rid of. I have tried to focus without this constant simulation but it is nearly impossible. I have experimented with this simulation. For example, I took a knowledge test without listening to music, then after I took another knowledge test with music and I did over 40% better. I have many more weaknesses, smaller but still, they shape my life and my character.

Strengths and weaknesses are very important in life. They cause you to feel confident but also to feel humbled. Through all strengths and weaknesses, I was shaped into the person I am today in the physical and mental form. Both of these develop over time and through experiences. They are developed every day all through your life until you die. No one has a set character, it is always changing and fluctuating. Neither strengths or weakness can be avoided, only worked on. Overall everyone is valuable to a shifting character.