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### This Is Me

All human beings have characteristics that identify them, and that is important because it defines who you are. We all have our own personalities and flaws. My top character traits are spirituality, humor, appreciation of beauty, bravery, and social intelligence. Despite the fact that I can make jokes and bring smiles to other people's faces, I can also get into my spirituality side. Even though I am composed of these good traits, I still have a few things to work on. For example: kindness, prudence, and self control. Everyone has something they need to work on and everybody has their flaws.

An important character trait I need to work on is kindness. Genuinely, I am a nice person. But my heart and mind have been played with a lot so I have learned to shut down and close people out. Everytime I let someone in I get put down and damaged so my only counteraction is to shut people out and act cold hearted, and sadly I am cold hearted but I am working on it. Whilst I need to work on kindness, I need to work on prudence and self control which fall into the same category. My whole life I have had anger issues, even when I was little. When I didn't get my way, I would throw a righteous fit for hours until I got what I wanted. As I got older I started to learn that throwing a fit at nine years old was childish. It calmed down for a while but that was until I hit middle school. In sixth grade, I was bullied for my weight and that caused a lot of anger to rise. As I started to grow and get thinner, people started to make fun of my teeth;

and again that was until I got braces. Every single time something got better, they always found something else to laugh about. When I hit ninth grade, everything was okay until in the end of the year when a female started problems with me. I am not one to be involved with drama, I despise it. My anger started to build up and escalate quickly which led to me punching walls and yelling at people. That is where it started to get out of hand and I learned I had no self control and/or prudence. So to this day I am still working on it but I myself am not perfect. Yes, these characteristics do delineate me as “angry” or “rude” but I’m working on it. Although I do have some things to work on, I still am a master at other characteristics.

Some important characteristics that I depict are spirituality, bravery, appreciation of beauty, humor, and social intelligence. My top characteristics are bravery and spirituality and I say that because I am not afraid to go out of my comfort zone and I am willing to face challenging obstacles. I can always speak the truth to someone no matter how nervous I am. Spirituality plays a big role in my life. My mom has practiced Buddhism for almost half my life. My whole family believes that whatever you put into the world, it is manifested. Meaning that if you are negative and put pessimistic vibes into the universe, you will simply live a negative life. For example: all through my life I called myself fat. I truly believed that I was overweight and it made me depressed. I wouldn’t wear two piece bathing suits to the beach and would always wear a sweater and leggings no matter the weather. Until one day my mom told me to say three nice things about myself. “I am beautiful, I am worthy, and my eyes are beautiful.” Those words changed my whole mood around and put a smile on my face and since then, I have been becoming the woman my 10 year old self wanted to be. My whole family believes in karma and the art of meditation. Every night I take about 15 minutes out of my day to meditate and calm my

mind, like I have already said, I have anger issues. Meditation puts my mind and soul at peace. No one in my family kills bugs when we see them in our house, we simply put them outside because we believe in karma. I think the characteristics and flaws that I have are well balanced because the spiritual side of me stabilizes the anger that rises in my soul throughout the day. I feel like everything I have been through has shaped who I am today, and I love myself.

Lastly I believe that no matter what characteristics or flaws someone has, everyone is molded to be the person who they are meant to be. And with everything I have been through, I'm still fighting to be my best self no matter the obstacles or challenges.