

Weekly Journal #1: "Survival Situation"

I wrote about a time when my family, family friends, and I were in Lake Havasu and about it being an amazing trip. However, while on the water one day, there was a huge rainstorm that was heading our way. Since there was a huge storm coming, the water was starting to get rough and choppy. This was extremely dangerous for us because we were on a pontoon boat that was not made to be able to drive in these weather conditions. However, luckily, we were able to rush over to the nearest docking station just in time before the storm was gonna hit. Luckily, the dock that was closest to us had a restaurant, so we were able to eat and have fun while we waited for the storm to pass.

What did I learn from this experience?

Well I learned that even though it may have felt like a very scary situation with no way out at the time, if you just keep calm and keep trying to get out or away that everything will be alright and you will make it back to a safe spot. I also learned that anything can change in a quick second. If you think you're in a safe spot, that can change into a dangerous situation very fast.

Weekly Journal #2: "Different"

I wrote about a time that I had felt out of place or different. Which, for me, when in high school in my freshman year, was because I had just recently changed schools. Changing schools has made me feel about the place. After all, in my old school, I fit in because I grew up around a lot of the other students, and I have a pretty large friend group. At my new school, I did not know anyone besides one person. I also felt different in the way that I acted, dressed, and talked. Even though I just moved from Whittier to Brea, it was still a huge difference.

What did I learned from this experience?

I learned that even though at the time I felt that I was really out of place and different from all the other kids in my highschool that I really never was that different and it was more in my head and that what actually separated me from the other students. Once I had started to open up and not think of myself as so different from them when I realized that yes we can be different in some aspects but yet we are still the same in others.

Weekly Journal #3: "Diet"

I wrote about what I ate throughout that week for breakfast, lunch, snacks, and dinner. In this, there were a lot of repeat meals like yogurt for breakfast and like oranges as a snack. Also eat around 2,000 to about 3,000 calories a day and usually average around 2,300.

What did I learned from this experience?

I learned that I am kinda picky and mostly stick to a lot of the same meals and foods. I also found that because I work out a lot, it makes me eat twice as much because I burn a lot more calories.

Weekly Journal #4: "Pushing yourself"

I wrote about a time when I pushed myself through my physical limitations. Which was during my water polo practice game. The game I talked about was especially difficult because it was the first time that I had to play the whole game without being subbed at all. This is extremely difficult because of the position I play as a center. This position is very demanding, and you are constantly fighting for position and never really get to rest. In other positions, you get to rest more on offense, but as a center, offense is primarily their job. However,

What did I learned from this experience?

I learned that I can do it, that it was my mind that was telling i can not. In this game, I pushed myself so hard I thought I would be able to finish the game, but I was able to, and now playing whole games is way easier for me. I also learned that pain was temporary, and winning or losing is forever.

Weekly Journal # 5; "Over Sea"

I wrote about a plan I had to take a trip to In this i worte I planned out an exact expedition to get from Whittier College to the port of Los Angeles, which was 25km. I talked about using a truck to get to the port. I also talked about taking the girls on my water polo team and how even though it will be a lot of food, it will be easier to share work workload so fewer calories are burned. I even wrote about the weather and how the winds will be 2,500 NM. I also wrote about all the food would pack for 30 30-day and 10 10-day trip. A lot of the food I said I would pack was like rice, beans, dried food, 3 liters of water, and dried fruit.

What did I learned from this activity?

I learned that it is extremely difficult to plan an expedition like this, and that there are a lot of factors that go into planning. The weather is something that affects the expedition, but it is extremely difficult to plan around it because it is unpredictable.

Weekly Journal #6: "Small"

I wrote about a time that I felt small when I went to see the redwood trees in Brea, California. I talked about how this experience was very eye-opening because these trees are so big and they just make you feel like an ant around them. These trees were also just so big and beautiful.

What did I learned from this experience?

I learned that we are so small in this world. Like the whole world is so huge, and we are just a little species that is a part of it. These redwood trees really put it into perspective for me because they show have these trees make me feel small and that there is something even bigger thing compared to these trees It just puts into perspective have small we are.

Weekly Journal #7: "Lost"

I wrote about a time when I felt lost, and I talked about how when after dropping off my parents and a wedding. This was in an unfamiliar city to so on my way back, my phone had died. When my phone died, I was already on my way back, so I was lost. I was freaking out because i did not think i would be able to get back on my own with out my phone for direction. I was stressed and could not figure out how I was going to get home. Luckily, I calmed down and realized that I could just find a gas station and buy a charger for my phone.

What did I learned from this experience?

I learned that I just need to relax and not freak out, and then I can think better and clearly to solve my problem.

Weekly Journal #8: " Letters Home"

I wrote about a time that I was far from home. What I talked about was when I went to Mexico with my friends. In Mexico, the beaches are so beautiful and the ocean is crystal clear to the point where you can see your feet. On the beaches, some bars and restaurants lead right up to

the water. I also talked about how there were so many activities available for you to do in the water like jet skis, glass bottom boat, and other water sports like that. I also talked about how I went on a glass bottom boat and got to see all the beautiful and colorful fishes swimming around. I also got to see this rock that they call lovers island because the huge rock on the island is in the shape of a heart and then on the other side is a divorced island because of the huge crack in the middle of it.

What I learned from this experience?

On vacation there are so many different beautiful sights to see and it is easy to not take the time and really absorb what you're seeing. Next time I go to a beautiful place like Mexico I need to slow down and take in all the details.

Weekly Journal # 9: "Leadership"

I wrote about how I became a coach for a high school girls water polo team. My responsibilities were to lead practices and make sure they are being safe while under my supervision. Yes, usually practices go according to plan but sometimes they struggle with a certain drill so we have to spend more time on it and not get to a drill that I have planned for. I feel that I have decent leadership performance. The only thing I would say I have to fix is being more assertive and leading with more confidence.

What have I learned from this experience?

I learned that I need to trust myself more and have more confidence. Then I will become a lead because people tend to listen to some who they trust and if I am not confident in myself people won't trust me or respect me.

Weekly Journal # 10: "Climate Future"

I wrote about how changing the climate will affect my life because with this rising heat it is extremely difficult for plants to grow as well as because of the heat plants will dry out and then it becomes a risk for fires and where I live it is a fire zone and has been burnt down before due to forest fires. This is extremely scary because all it takes is one extremely hot summer which seems to be hotter each year. Then in the winter or fall if it is very windy then there is a risk for a huge forest fire that we just had in Los Angeles. Not only that because it is getting hot the ice is melting on the arctic poles which could be possible.

What have I learned from this?

I learned that weather is extremely unpredictable and can pose many different threats to us. I also learned we are slowly killing our planet and we need to better take care of earth or we are going to have to suffer through what it has done.