***Prompt 5***

***Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?***

Sluggish was what I felt waking up every morning. I ran out of breath from a mere trip to the dining room. The only reason I made the trip was the hope of eating my mom’s delicious “nasi goreng,” fried rice every morning.

During one PE class, my knees buckled in excruciating pain. The doctor’s diagnosis: obesity. Embarrassment and fear forced me to reflect. I couldn’t go on this way.

My initial plan was to work out after I was done with my classes. However, I felt like dying after only 20 minutes into the workout. So, I needed a backup plan. Instead of upping my workout, I tried reducing the number of times I ate. Yet, this made me crave fried food and sugary drinks. After a month, my weight shot up instead.

On the verge of giving up, I realized I could not do this alone, so I asked my father to help keep me accountable. I began setting up alarms for my meals, reducing my sugar and fat intake, and consuming more protein-dense foods. This became my weight loss foundation.

Being consistent with my diet, I found out I became more consistent with my workout, too. Instead of working out in the evening when I was all tired, I started my day with it instead. After waking up, I instantly changed into my workout clothes and jogged for at least 30 minutes. To make this fun, I treated it as a game by setting weekly goals and making daily weight charts to track my improvement, which motivated me to keep going. As a reward, I would eat high carb sushi when I reached a certain weight goal. I slowly developed a hobby of exercising and felt no need in playing games. The spare time I had was exchanged to use in revising school materials and working on homework.

After 5 months of working out and following a healthy diet, I lost 25kg. It made me a whole new person. Strict dieting trained me to resist temptations and avoid distractions. Following a workout routine also taught me consistency, discipline, and effective time management. This has helped me construct a well-balanced lifestyle during my college career, which will no doubt also help me in pursuing my entrepreneurial goals.