***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.

Hi Axell,

You’ve made a noteworthy revision! Now, your essay has a clear trajectory, showing your weight loss journey more vividly. To make this essay even stronger, I have included some comments above to help you add more details to some parts. For the ending, make sure to talk more about how your success in weight loss is also reflected in more success in your academic performance – this is the part that you definitely should elaborate more to ensure the second part of the prompt is answered ☺

Best wishes,

Melinda