**Our families and communities often define us and our individual worlds. Community might refer to your cultural group, extended family, religious group, neighborhood or school, sports team or club, co-workers, etc. Describe the world you come from and how you, as a product of it, might add to the diversity of the University of Washington.\* (300 words)**

I was very timid. I couldn’t even strike a simple conversation with someone.

Concerned, my parents enrolled me in a taekwondo club in third grade. I remembered being apprehensive and hesitant to kick when dozens of sets of eyes were on me during my first sparring session. After that, Sabom (taekwondo instructor) pulled me aside.

Also concerned, Sabom said, “Indomitable spirit is one of the 5 tenets of taekwondo; you should always exhibit full effort inside the training area and in real life.” These words made me think, “How do I become indomitable? Can I even achieve it?” For days, I was full of doubt as I reflected on Sabom’s words.

It really wanted to change. So, I consulted with Sabom. He said, “Don’t think too much, just kick back whenever you’re kicked! Eventually, the wall limiting you will crumble.” Unsure, I just followed instructions. As I landed more kicks in my next sparring, cheers would be heard. More kicks equal to louder cheers; the vibration felt from the cheers were, somehow, converted into confidence energy that would tear down my timidness. It was an encouraging feeling.

Fast forward to now, I’m able to give double kicks for every kick received. I’m motivated to convert cheer energy into confidence energy. This is how I was able to gradually tear down my timidness. Sabom and my taekwondo friends, they’re the reason I became who I am now: a slightly more confident guy with a bit of taekwondo skill. They’ve become my coping mechanism. I would remember their cheers whenever I needed a confidence boost. They’ve taught me to create a confidence energy generator.

At UW, I wish to develop a community where I can impart my sustainable confidence energy generator. University workload can be stressful, which could lead to unwanted thoughts. I wish to be part of Husky’s Health & Well-Being Center and help students in overcoming their mental well-being issues, thus contributing to creating a supportive environment for my peers who are low on confidence.