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Ms. Norton

AP Language

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Winter Break Reflections

The LIFE winter break challenge assigned to us to complete over winter break was not as challenging as I'd predicted. For the most part, the most challenging aspect of this list of activities was actively remembering to complete them. Despite this, I was able to remind myself to complete the ones that didn't happen by chance. I was able to complete nine of the items, most of which relating to spending time with others. The challenges that I completed helped me to reflect back on the changes of the past year and inspired me to encourage positive change within myself.

Some of the challenges that I completed were part of a normal routine for winter break; however, the challenge of sitting in silence for 10 minutes was definitely not something that I routinely do. This was by far the most challenging item I completed, as my house can be quite loud sometimes. Also, I found that being surrounded by new things to do tends to keep one thoroughly distracted. In the end, I was able to convince myself to meditate for 10 minutes and ended up doing this several times over the course of the break. This has provided an insight into my own initial reluctance: I have discovered, after doing things such as the 10 minutes of silence and trying the strange foods that my family members made at Christmas, that I am often reluctant to try new things but if I find that I enjoy them I will do those things without any reluctance.

The turning of the new year brought about reflection into the previous year and, aided by the insight gained from the LIFE challenges, I have discovered that my mindset differs greatly now from what it did when I began junior year. I have found that I am more driven to work hard and have become more tolerant of my own failures. The difficulty of the courses I am currently taking have caused me to no longer see school as a breeze I can float through. I now see it as a mountain that I must climb to reach whatever may wait for me at the summit. Finally, I believe that I have become a more disciplined person as a result of my course rigor and my drive to complete the personal goals I set for myself at the beginning of the school year.

I may not have completed all of the items, but I can say for certain that I thoroughly enjoyed doing the LIFE winter break challenges. These challenges helped me gain personal insight and encouraged me to reflect upon my thoughts and actions. Though I might not have completed all of them on purpose, the challenges done with intent allowed me to gain a deeper understanding of myself and I am very happy for that.