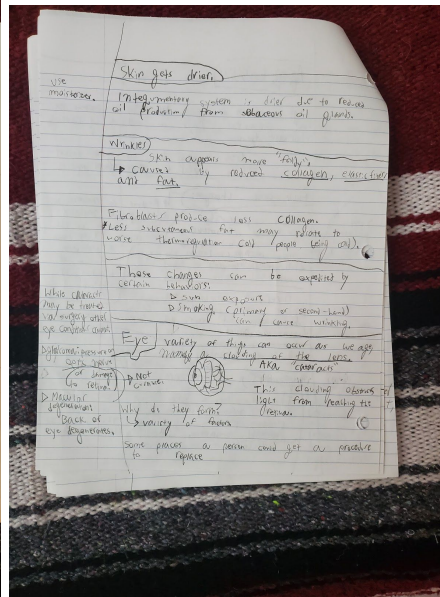
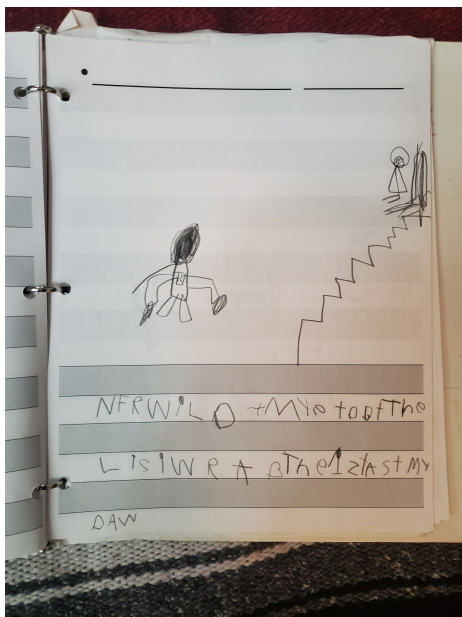




Hand print from elementary school vs current handprint



Writing journal from second grade & notes I made for this module.



Images of my record height throughout the years.

**Message:**

While life stages where our bodies undergo massive changes (puberty, advanced age) generally are associated with negative experiences as our body's functioning as we have come accustomed to suddenly change in drastic ways. However, as our life progresses so do the skills and abilities we have built up. We may go from writing very sloppy and indecipherable messages as children to writing out long papers, detailed notes or compelling scripts.

As time goes on, and with practice, we can become better at our skills or trades, discover new and exciting hobbies or gain a greater appreciation for the time we have left.