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**GRADE 12 ICT A**

## REFLECTION

First day of extemporaneous speech performance, some things didn’t work well. Most of us weren’t wearing formal attire. And everyone wasn’t so prepared although we were aware of the date of performance.

I was so nervous that I will be performing on that day. Wearing my formal attire with high-heel shoes, my knees and feet were trembling, heart thumps like a drum beat. Little by little, louder and louder, my turn came in. I wasn’t so prepared. I know how my topic should work but not how I should deliver it properly. I am not so sure of speaking good English with excellent grammar in front of my classmates at formal times. But as soon as I started, words just came out of my mouth. My mind did work well. Although I read my copy at some points, I still managed to get myself comfortable standing in front. It took minutes and I hope everyone got my point, because I, myself, was not so sure that I made my point clear.

But after all of that, there were just some things I’ve learned. There might be things you get scared of. But remember, It’s your mind that tells you when and how to be scared. Believe that you can do it and your heart will follow. It’s the mind that limits and stops us. By breaking the ice which freezes us, the fear will melt with it and your body will allow your soul to get comfortable with what scares you the most.