**Prompt:**

The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?

**Setback/Challenge:**

Mental breakdown half-way in mastering an axel jump (figure skating) due to a combination of difficulty, time management, peer pressure.

**How to solve:**

Refocus myself to my original goal when I decided to start figure skating

Think about how I fell in love with figure skating

And how that activity has shaped me as a person – never give up attitude

**Lesson learned:**

If u commit to do something, and do it wholeheartedly, pasti ada buahnya. And slowly but surely, you’ll see progress.

**Essay:**

I put on my costume, tied up my ponytail, and I tightened my skates. The euphoria at the arena was crazy. The whistles, the cheering, the camera flashes. I know my parents were among the crowd. But all I heard was “lub dub lub dub.” The sound of my heartbeat was racing too fast, so fast that I could barely heard the noise of the audience. Three laps of warm up and I’m all set to start my program with the four elements in it.

**The Skate Asia Qingdao 2015**

This is the moment that I’ve been waiting for. The only moment that will make all my hard work pay off. I started gliding, but I slipped into my toe pick. And I fell on my knees. I froze. *Get up, Carin! Get up!* I vaguely heard my *own* voice… almost fully overshadowed by my perhaps close to 160 beats per minute heartrate.

*GET UP CARIN! FOCUS! Land that axel jump or you’re not going home tonight! How are you going to win at Qingdao?!* My coach, Alberto screamed at me, literally. It’s been 10 months since the first time I started practicing for the full one and a half in the air rotation so called the axel jump – figure skating’s oldest and most difficult jump. One time I had to be lifted by a stretcher as I couldn’t walk. I couldn't even sit as I injured my tail bone. In the first aid room, I could smell the identical “hospital: smell, and uncountable packs of bloods everywhere. It reminded me of the hospital situation where I usually visit my athlete friends. Fractures, torn ligaments, hamstring injuries are just daily things that are not surprising. Despite all that, my coach always tells us to get back up on out feet.

Except I wasn’t sure if I can get back up and continue figure skating. Firstly, I’m competing with athletes who dedicate their lives to skating, practicing 5 hours a day. Secondly, I’m studying at arguably the best all-girl school in Indonesia with exams every other day. Thirdly, my parents, even though they’re the ones who introduced me to figure skating, started to strongly oppose my choice in competing at tournaments. *You might be handicapped,* they argued.

Deep down, all I felt was big ambition but covered by greater fear. I couldn’t sleep, all I did was thinking what am I going to do? why can’t I land this jump? Should I stop skating? Is skating my real passion? I also thought about what am I going to do tomorrow in the rink? how many times am I going to fall? what kind of punishments I will get tomorrow? I kept on filling my head with “how”, “why”, and “what”. It couldn’t stop for days, even weeks.

It is my dream to pass freestyle level 10 and won the Winter Olympics one day. Above all the uncertainties, one thing is certain – my dream is. I already went this far, how can I quit now? My whole life, summer holidays, weekends, I spent all those times to breathe the cold air, sweat, and glide in the rink. Deep down, I know I can do the axel jump if I believe in myself. If the other skaters can, I know I can. For 6 years, I maintained to keep up with the other skaters who practice every day when I only practices 3 times a week. That thought reminded me of my first experience in the ice rink. I was really happy and enjoyed skating back then. I even promise myself to keep my dream and walk the talk in this sport. And this is what I’m doing.

And so, I picked up my skates and got up. I searched all the references I had to land this jump properly. I watched the slow-motion technique when the world class skaters did the axel jump and practiced it off ice in my bedroom. In order to land this jump, I stayed in the rink longer than the other skaters did on weekdays after school and weekends. I couldn’t sleep properly because my anxiety for this jump is too bad. All I did was keeping my eyes on the goal, landing the axel jump.

*Get up, Carin!* My coach struck me as I froze on the floor. *The music hasn’t started so it (your fall) doesn’t count!* he shook my shoulders. I smiled and nodded. I started to glide and flying through the ice, it feels like I own the whole rink all by myself, so called my second home. I passed through 4 elements of my program smoothly. The time came to the moment of the hardest jump, which is axel jump. I turned my back getting ready for the jump. Then I stretched my hand to the back, jumped into the air, turned one and a half rotation, and krek -> KAYAK SUARA MOTONG ES GITU BUNYINYA KREK KAN YA ? haha(the sound of my toepick scratches the ice and glide through it) landed smoothly. I stopped, facing the judges with a very big smile, made my last pose. I heard the thunderous claps from the judges and audience. I saw the audience stood up and threw flowers into the rink.

When the announcement time, I was called to step up into the rink, I stood on top of the podium and received the gold medal for winning the technical and artistic of Skate Asia Qingdao 2015. I bowed to the judges and audience with a very proud feeling of myself that all my hard works paid off. And it’s all because I decided to *get back up* all the time.

NO NEED TO REVIEW THIS

I was so nervous that I slipped into my toe pick, and I fell down the ice. It was one of the most embarrassing moments in my life, but I remembered that there was still a race I had to go through and I could not despair. Luckily, I fell before the music played, so it won’t be a minus to my score. That was the moment I’ve been waiting for, the moment to make all my hard work paid off. The Skate Asia Qingdao competition 2015, the biggest figure skating competition in Asia. So, I stood in the middle of the World Ice Rink Arena. I stretched both of my arms, I cross it in front of my chess, then freeze for 2 seconds, so did the audience. The Rink suddenly silenced, then I heard the music of my program. I started to glide and flying through the ice, it feels like I own the whole rink all by myself, so called my second home. I passed through 4 elements of my program smoothly. The time came to the moment of the hardest jump, which is axel jump. I turned my back getting ready for the jump.

I suddenly remembered all the situations for the past year ago. All the hard works I did for being able to do this jump. It was so hard to land this jump smoothly with a full one and a half rotation in the air. I remembered shouted by my coach, left alone in the rink that he only wanted to come back if I landed the jump or I needed to do lots of terrible punishments. Indeed, there were several times I need to be lifted from inside the rink using TANDU to the first aid room, because I was falling too hard. In the first aid room, I could smell the identical “hospital” smell, and uncountable packs of bloods everywhere. It reminded me of the hospital situation where I usually visit my athlete friends. Fractures, torn ligaments, etc. are just daily things that are not surprising. Even, mostly I couldn’t sit properly because my tail bone hurt so bad. Despite all the injuries, my coach taught me to always get up and try even more. Also, to remember my main purpose as my motivation. That time, I needed to get this jump landed as soon as possible because I need to pass my freestyle 5 (level) test to join the Skate Asia Qingdao 2015.

Then, there was this idea crossed in my mind. All my friends and the other skaters spent every day, every minute, every second in the ice rink even they mostly sacrifice their school life to home schooling just for skating. How can I compete against them when I go to one of the best school in Indonesia, where I need to maintain my good scores? I realized that I am a very ambitious person that I always want to maximizing all things I do. I don’t want to get bad scores neither go home schooling. Also, I needed to convince my parents, who are very worried about me getting injured and it could make my grades fell, so they wanted me to stop skating. I really don’t want to stop skating. I finally could convince them by proving that I could maintain my good scores, also to be careful in practicing that I had never got into any fractures.

Even though I was desperate in my thoughts to land the axel jump, I realized that I already went this far, how can I quit now? It is very unfortunate if I throw skating away from my life just like that. My whole life, summer holidays, weekends, I spent all those times to breathe the cold air, sweat, and glide in the rink. Deep down, I know I can if I try to believe in myself. If the other skaters can, I know I can. For 6 years, I maintained to keep up with the other skaters who practices every day when I only practices 3 times a week. That thought reminded me of my first experience in the ice rink. I was really happy and enjoyed skating back then. I even made a promise to myself to keep on doing and to be serious in this sport. I hoped that I could go international and finished freestyle 10 one day.

Then I realized that were my purposes when I joined skating on the first time and those purposes haven’t been reached yet. I knew that I can’t quit now and I have to believe on myself that I can.

I tried to believe on myself that I can do it with God’s help. Also, I believed that if I practice, there will be a positive progress even though it took not a short time.   
Now, I can do the axel jump consistently and that time I passed freestyle 5 (level) test

From this experience, I realize that every person in this whole world is different. There is no one in this world is the same. In order to solve a problem, everyone has their own way to solve it. We cannot compare our abilities one to another because every single one of us is unique. I believe if I commit to do something, and do it well heartedly, slowly but surely, there will be a progress, and will become an amazing result. I even surprised with myself that I could pass my boundary that was actually just all the thoughts in my head.   
I used to limit myself when I practiced, because fear of the injuries, but I tried to get rid of all those thoughts and keep trying to think positively and continue to believe that I can do it by continuing to do the best that I can. From that, the result was surprisingly amazing.

Those thoughts helped me to believe in myself that I could land this jump. Then I stretched my hand to the back, jumped into the air, turned one and a half rotation, and landed smoothly. I stopped, facing the judges with a very big smile, made my last pose. I heard all the claps from the judges and audience. I saw the audience stood up and threw flowers into the rink. I bowed to the judges and audience with a very proud feeling of myself that all my hard works paid off.

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**EDITORS COMMENT**

Hi Carin,

My comments are all highlighted on the document. This is a really good draft. Don’t worry about the word limit for the next draft, the more ideas you have, the easier it’ll be to see what works and what doesn’t. Looking forward to your next draft!

Best,

**Matahari Kinanti H**

*All-in Essay Editor*

matahari@nyu.edu / mataharikinanti@gmail.com