Common Essay

It was a casual Sunday evening; I was relaxing in my chair, painting my Warhammer figurines. Suddenly, my mother knocked on my door, and to my shock—there were tears in her eyes.

"Grandmother had been diagnosed with cancer"

I was scared, and I didn't know how to react. I was left speechless. Cancer has just appeared to a close family member of mine.

Several weeks later, my grandmother was brought back from Surabaya. I finally got to meet her, but she was in a vegetative state. I was immensely devastated.

When I last saw her, she was full of life, and as always, was very talkative. However, when I saw her in that state, I couldn't believe my own eyes. I cried for a while. I realized that I hadn't talked to her at all in a very long time. While I was looking at her, all the memories came back to me. Every time she visited our home, we would always play card games and watch movies with her. None of that is going to happen now.

Not long after that, the doctor told my family that she only had three months to live. Being busy with school is one thing, but having to handle this is another. Every night, I would always visit my grandmother to chat with her; I would always caress her hand and calm her down. I reminisced the past with her as we talked about our overseas trips and our time together when I was a child. I would always stay beside her side until she fell asleep.

Having gone through this, I realized the value of time. I want to make more quality memories with my family, and I want to live a fulfilling life with my loved ones. One of the ways to do that is to live life in a much healthier way; I have been determined to change my lifestyle. I learned how to exercise more, eat healthier food, and have much more self-control.

Since then, cycling every night has become a habit. I hated every moment of my exercise session, but I knew that it was for the best. Slowly but surely, I started to embrace and enjoy it. I have also tried several other changes to my life, such as sleeping early, and making sure I wake up rested and full of energy the next day.

Through these small changes, I am gaining more control over myself. I balanced between my hobbies and schoolwork and managed my relationships with friends and family members well. Apparently, improving my lifestyle has also positively impacted how I interact with others. I learned that any tragedy or adversity in life could also propel me to be better, and eventually, build my character.