

Charles Balderas

Topic Proposal

One would think that with all the freedom we have been given with this project that it would be easy. But on the contrary, I'm finding it so difficult to brainstorm ideas on what I want my project to be about. Usually when I'm in this position I go for a walk or start listing random things I think that could be useful in this situation. One of my hobbies right now is going to the gym. My goal has never been to look huge like a body builder. I started working out more intently for a few reasons. As a kid I thought no abs equaled being fat, so I started working out in my room, as a kid I was weak and this always bothered me and when YouTube became popular I would see people doing all these cool flexible tricks so my motivation for training has always been to have a very functional body. I also think it's interesting how the habits of your parents pass down to you. My dad was always fluctuating in weight all through my childhood he would get huge in the winters upwards of 300lbs and then randomly he'd get self-conscious and drop down to like 220 and looking crazy fit. He would make this transformation by fasting and running he was always going on runs. He also always kept a weight set around and frequently he'd be pumping iron. My mom too would demonstrate interest in fitness randomly throughout my childhood. Sometimes she'd put us on these heavy vegetable diets, those were obviously no fun. Besides that, she was always buying healthy food gadgets and going to the gym. I remember one time in like fourth grade I was ditching school to go play basketball and the first couple times I got whooped but that obviously didn't work because I kept on. So, my dad whooped me too that didn't work so he made me go on a run until I threw up and that was more effective. But I did it one more time and this time my mom came up with one of the most intense punishments I ever experienced. She was going to whoop me but I'm this big bulletproof kid, so she stopped and made me hold up my Xbox above my head for an entire hour. After that I started staying in school, I felt bad too because I was starting to make my parents life hell.

Another thing I'm interested in right now is money. Not because I think it'll make me happy but because I like being generous, I like things fast, and I like being on my own time I absolutely hate being rushed or held back. Money solves these problems in one way or another. I like giving my granny money it makes me feel good. I also like bringing things when I show up to a party and I like treating people I love to food. I feel like I don't really understand money. Why is that some people work very hard to make very little and other people seem to make money so easily. But I will say nothing is easy so maybe it's difficult but, in an aspect, I'm not seeing. I like money too because I'm an American so of course

I'm materialistic. I want to have a nice car and a bunch of nice clothes. But my favorite thing is giving money away it's one of the best feelings. People look at you like the man when you can spend money on them

Another thing I'm interested in is mental and social health. As a kid I was very timid we'd go to the park and I would stay as close to my mom as possible, you'd never catch me talking to kids really. It took a lot for me to trust and open to people. I was always jealous of people who seemed to have been born with the gift of be social. For example, my sister was one of those people who was able to talk to anybody as a kid she was the one who always made friends any place we went. During high school I was again socially isolated just because it was a new set of people, and they were all very different unlike in middle school everyone knew each other, and we were all from the same background. Started drinking a lot in high school and overall doing bad stuff. But during each setback or depressive state I have went through the same things have always helped get out of those places. Number one is working out. Number two is making more money. Number three was just discovering myself and not giving up. Right now, I worry a lot about my little brothers and as a kid I wished I had someone or something that could help me out when I was doing bad. As I've gotten older one of the things I realized helps is when you realize that you're not the only one going through things. So, I want this project to serve as a resource for my brothers, little me, and any other young guys going through it right now. I plan to share my experiences; I would like to interview some of the people who have taught me things. I would like to include my outlook on life and where I think life is heading and how to handle it. This project I want to learn more about me help people out and push the limits of what I'm capable of creating.