My Greatest Challenge

My stubborn personality has been my strength and weakness in life. It has helped me attain goals, as well as win many competitive activity I’ve participated in. However, my stubbornness has also directed me to many low points. Due to my extremist ways to “finish” or “win,” I’ve sometimes placed my needs to the very bottom of my priority list. Making self-care unimportant in life has led me to burnouts, breakdowns, and giving up. In order to overcome this, I will need to learn how to remember to set time aside in my everyday for some “me” time. This can be done by developing and implementing a working schedule. Overcoming the challenge of self-care will help me be more effective in my daily life.