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Personal Reflection

Personal growth is a period of the development of personal skills, behaviours, attitudes, habits and experiences. It affects carrer and personal life because the lesson learned and skills individuals earned in their journey of personal growth helps them overcome challenges they face in their life. By overcoming difficulties, those would find their own principles and avoid some old mistakes, which make them become better than before. During my personal development, I have undergone some challenges about many different aspects in life and I did receive great experiences and lesson, which had a positive effect on my thinking and habits in life.

From my perspective, there are many catalysts that initiated the journey of personal development, and for me, the bad factors that leaded to my problem are procrastination and lack of time management skill. As far as I can remember, I had a three-month project with my classmate one year ago, when I was a somophore. The project was about creating a website about hospital systems so we need to research a lot of information. This, however, was the first time I did a large project so my team did not make a plan for our project. Besides, before that time, my teachers only assigned small tasks with short deadlines, I waited until close to the deadline to complete them. Consequently, my teams only had one week left to finish the project before the deadline. In the meantime, we realised that the amount of work is too much to complete in only one week – if we had done it from day by day during 3 months, it would have been better. While we were discussing about our project, we also had several arguments and difficulties. We suffered serious stress and were exhausted after burning the midnight oil within

the last one week. Although my teams finally met the deadline, our result was not very good. Through this situation, I also learned many lessons.

Challenges would bring lessons and experiences to those who overcome them, which may affect mindset, decisions, and understanding of themselves. From my personal experience, I was aware the importance of planing, not procrastinating, and teamwork skills. Planing would not only help me use my time effectively and finish my task on time, but also reduces stress when doing large workload. Planing, however, would be affected by procrastinating, so I believe that not procrastinating is one of the most important core principles which is necessary for my life. In fact, it is easier to do one thing than to do 10 things in a day. I realised if I put off work until tomorrow, I will never get it done, and I really need to change this bad habit as soon as possible. In addition, teamwork is also crucial when working together as we need to know how to communicate and cooperate effiectively with other team members. During one week I worked with my teams, several arguments had happened but we had to calm down in order to discuss to find the best solutions. The lessons also helps me a lot in not only my next projects, but also any tasks in my life. For example, 6 months ago, I intended to obtain IELTS certificate in December, however, my university suddenly required English certificate to pass language class before June. Fortunately, I had been studied for my test daily one year before, so two months was short but enough for me to reach my target score. Besides the lessons and experiences, I also discover the transformative power of facing adversity.

Understanding the nature of difficulties and changing yourself to overcome those difficulties and recover from them is not easy, it requires determination and initiative. In the past, I had to study far from home so I had to learn to cook. At first, it was really difficult, the dishes I cooked were really bad and I realized that I had no talent for cooking. Although I followed the recipes online, the dishes I cooked all tasted strange. At that time, I felt very discouraged because I had to eat bad food every day. Then I decided that every time I cooked,

I would call my mother and ask her for guidance. My mother realized that my problem was that I only cooked enough food for one person, so if I followed the recipe online, it would not give the same taste. Although my mother guided me, it took me more than a month to be able to cook the same dishes as my mother. To be honest, at that time, I really regretted not learning to cook earlier. Having life skills helps me easily adapt to changes in my living environment and not be dependent on others. Also, eliminating bad habits, creating good habits and learning necessary skills will help develop both physically and mentally. Although changing yourself will be difficult, it will help you grow and make your life better as it has a positive and considerable impact on our values, beliefs, and perspective.

During my personal growth, many core principles has been created after overcoming challenges such as planning, action, determination and respect. These principles play an important role in my life, for example in relationships. Specifically, I suppose that honesty, understanding, and respect are essential to building and maintaining relationships. I consider myself an introvert and have a hard time making friends, but now I have a great group of friends. We met 2 years ago at a freshman program at university and have been close ever since. Although we all have different personalities, we respect each other and always help each other when we have difficulties in studying and in relationships. Whenever we have an argument, we try to calm down and talk to each other. Sometimes one of us will make a mistake, but our friends will sincerely point it out and remind us. I have learned how to treat others well, how to solve problems in relationships, and I feel more confident in taking the initiative to make friends. Although I am currently studying abroad, we still keep in touch regularly and share everything in life. Besides, the challenges I have mentioned above made me more patient and trust in my own progress. This aligns perfectly with the quote by Amy Morin, "The only person you should compare yourself to is the person that you were yesterday." These words remind

me to focus on my own growth rather than comparing myself to others, reinforcing the importance of personal development and resilience.

In conclusion, the lessons and experiences individuals learned from challenges in their personal growth has a significant impact on their personal values, beliefs and perspective. Many core principles could be created that helps them become better and better. It is recommended that people should experience new things, and learn lessons from both failures and challenges because this is one of the best way for the continual process of self-discovery and personal development.