

ASIAN AMERICAN
CHINESE DAUGHTER

CURIOUS FAMILY

TRAVELER

NAPPER FOODIE

WANDERER

STUDENT

ATHLETE

INTROVERT

INFP



CREATOR

GROWING

LISTENER

CARETAKER

LISSIE
CHIN

JANUARY 2021

***Each day I strive to be the best
person I can be by:***

respecting myself and others

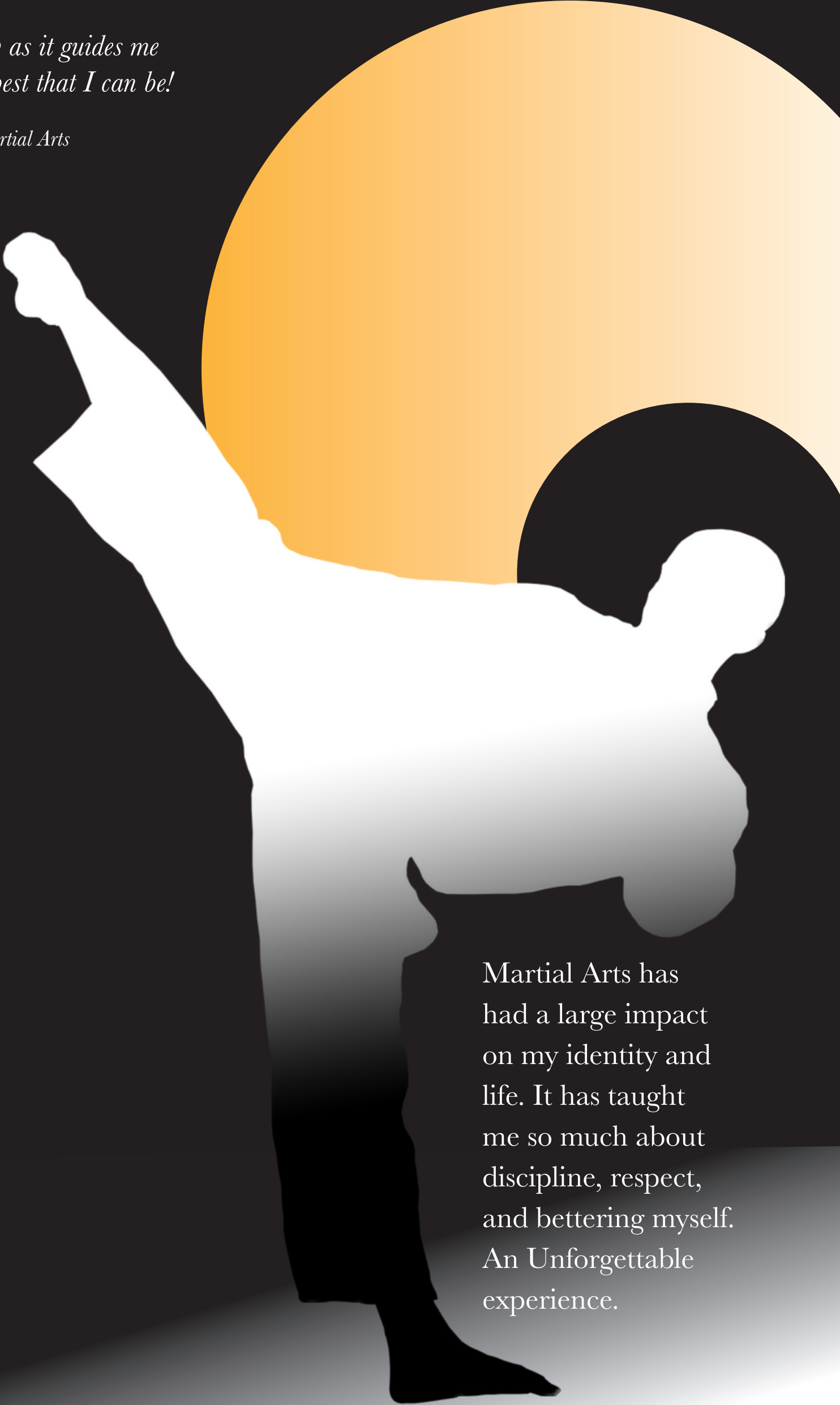
finding peaceful ways to resolve conflict

respecting nature and the environment

Accepting responsibilities for my actions

*I practice my art daily as it guides me
in my quest to be the best that I can be!*

— *Cutting Edge Martial Arts*



Martial Arts has
had a large impact
on my identity and
life. It has taught
me so much about
discipline, respect,
and bettering myself.
An Unforgettable
experience.

祈福

你好，我是一条龙

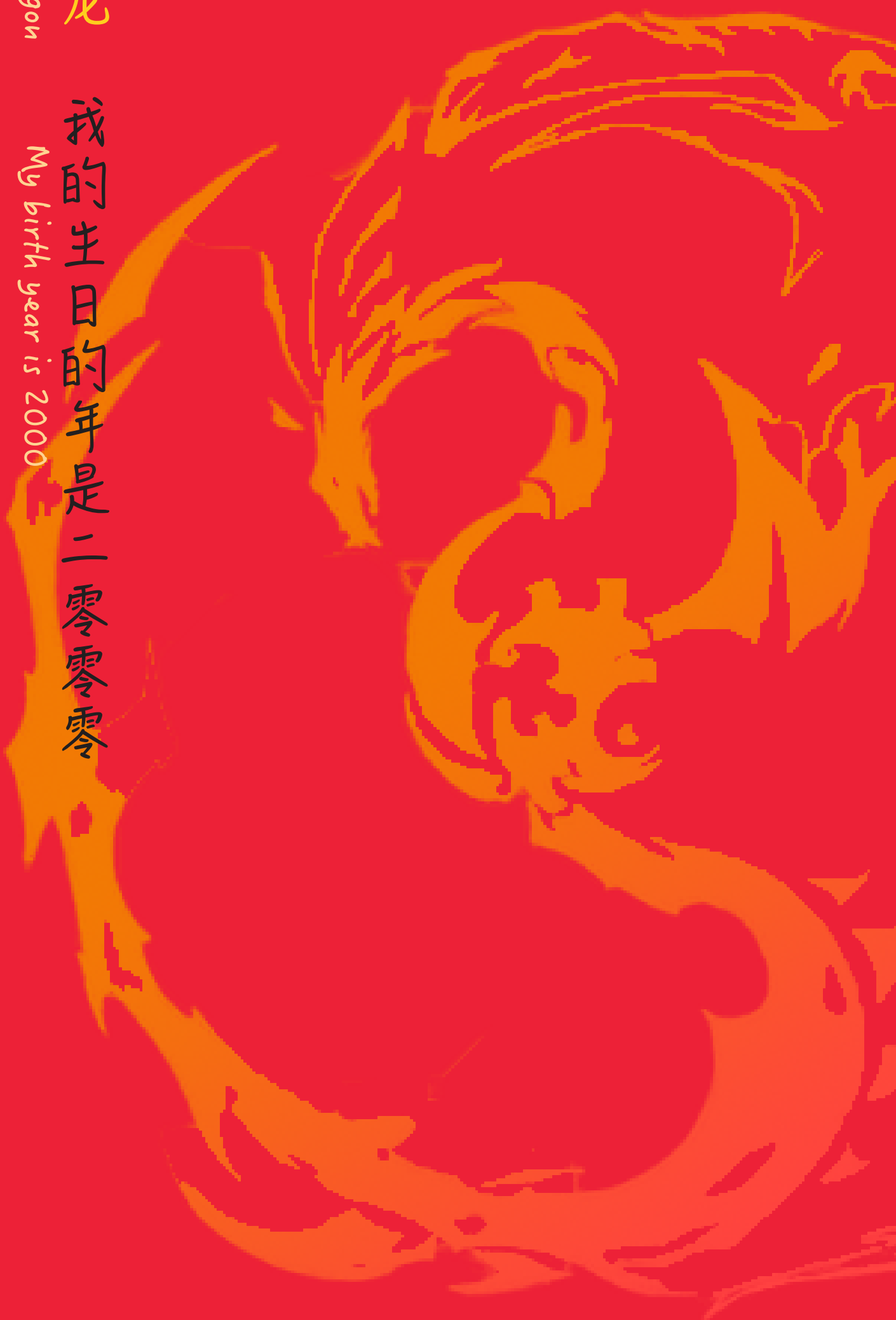
Hello, I am a dragon

我的生日的年是二零零零

My birth year is 2000

十二生肖龙的人具有神秘，富于想象力和高尚的个性特征

The personality traits of people the year of the dragon are mysterious, imaginative, and noble





LOVING KINDNESS

*May my life be filled
with loving kindness,
May I be well,
May I be safe,
May I be at peace
and at ease.
May I be happy.*

This remains my favorite
to this day.

Since I was a child,
my mother and I would
repeat this mediation
every night before bed.
However, I never knew
what it was one until I
grew up.

One thing I did know for
sure is that, at the end of
the day, there is warmth,
love and happiness.

Do you ever
get those
moments where you
don't feel good enough
or smart enough to be
where you are
right now?

I get those
feelings sometimes.

It's hard.

I feel **self-doubt**,
I have a feeling that I **must work harder** to achieve 100%,
a measurement on ability with **external validation**, and a
fear that I am **too unexperienced** or **unknowledgable**.

I
M
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"The Expert"
"The Perfectionist"

As a reflection on my own privilege, I want to think about what I have been given the opportunity to do. I am **an Asian American**; I was adopted from **Hunan Province, China** and brought to the United States at a year old. Because of my adopt, I am living my best life with **my Mother**, and our dog, Bebe. We also had another dog, Daisy May, but she passed away 2019 on my spring break. I am thankful for being able to be there in her last minutes; I am thankful for the the opportunity to add another addition to our family; I am thankful for the opportunity to attend college; I am thankful for being able to study abroad; I am thankful for food, water, work, a phone to communicate; I am thankful for the safety I have been given; I am thankful for my family, friends, and co-workers; I am thankful for an able body, open mind, and a supportive community. I don't think of myself as a person who has been given much. It is true that I have been given a lot, but I don't know about my friends. I am grateful for these experiences and the people who have helped me.

My privilege is my network. Never before have I been perceived through the lens of my race. I have been fine me. Last year, I was one of the most

~♥gratitude♥~