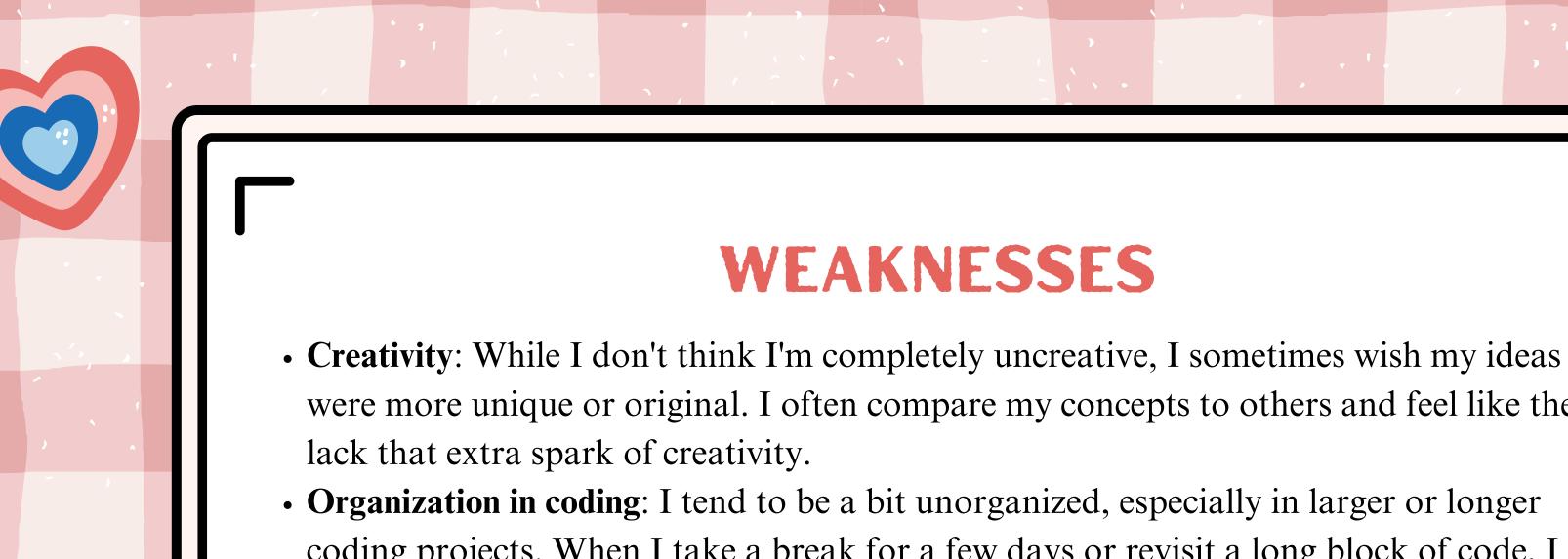
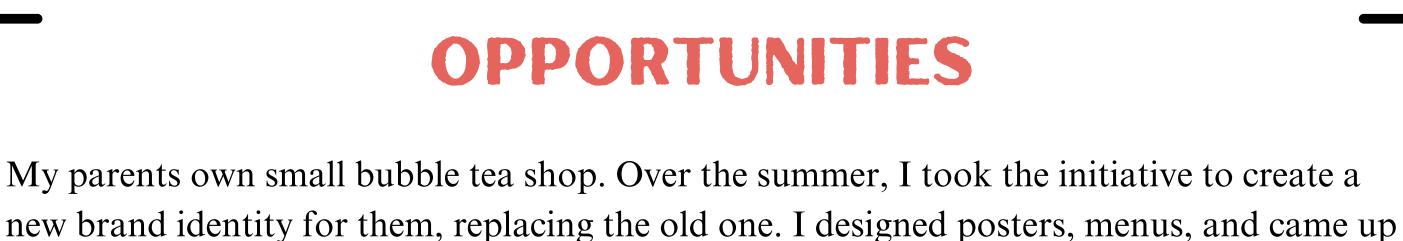


STRENGHT Over the past few months, I've spent a lot of time thinking about my strengths, the things I enjoy, and the achievements I'm most proud of. Through this reflection, I've come to a clear realization: my key strengths lie in designing and coding. I'm a naturally motivated person and often come up with different ideas. I really enjoy working on creative and technical projects—especially when I'm passionate about the concept. When I like the idea behind a project, I find myself deeply engaged and excited to design and code. On the other hand, if the idea doesn't interest me or feels boring, I struggle to stay motivated, even if I've already started the work.



- were more unique or original. I often compare my concepts to others and feel like they
- Organization in coding: I tend to be a bit unorganized, especially in larger or longer coding projects. When I take a break for a few days or revisit a long block of code, I often find myself confused and needing a lot of time to understand what I previously wrote. This slows down my progress and adds unnecessary frustration.
- Overthinking and stress: I tend to stress myself out over small details, which can easily lead to demotivation. When I get overwhelmed, I find it hard to focus, procrastinate, and often end up doing things at the last minute—something I know could be avoided with better planning and mindset.



with promotional ideas to help attract more customers.

This hands-on project allowed me to apply my design and marketing skills in a real-world setting, and it felt especially rewarding because I was helping my family. I noticed that when I work on something personal and meaningful, I'm much more motivated and disciplined—I don't get lazy or lose interest.

Additionally, with the structure from Fontys, I believe I can push myself further, especially in terms of communicating more effectively and asking for feedback—both of which are areas I'm actively trying to improve.

THREADS

- 1. I often overthink and stress myself out, especially when I start comparing my progress to others. This leads me to believe that I haven't done enough, even when I've made solid progress. As a result, I tend to start a bunch of small side projects, which end up distracting me and affecting the quality and focus of my main project.
- 2. I'm also scared to ask for feedback. I worry that I'll say something wrong or that my work isn't finished enough to show. When I have questions, I usually tell myself, "You can just check online instead of bothering the teachers." This prevents me from getting valuable input that could help me improve faster.
- 3. Additionally, I struggle with giving honest feedback to others. I'm afraid of hurting someone's feelings, so even when I have useful thoughts or suggestions, I often choose to stay silent instead. I know that honest and respectful feedback is important for growth, and I want to become more confident in both giving and receiving it.