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SPCOM100

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24/09/2020

Journal 2: Perceiving Others (330 words)

I grew up in a household where me and my sibling's identity was mostly formed by our achievements. An example of this is my older sister, she was on team Canada for rhythmic gymnastics and because of the countless hours she put into the sport it made her interpret everything like it was a competition with clearly defined winners and losers. While not at the same level, through my participation in provincial coding competitions and swimming my identity became based around myself and my individual achievements. In other words, the **achievement culture** I grew up with made me think that everyone's was like me, and solely focused on their own individual achievements, such that every action they took served themself in some way.

It wasn’t until high school that I met someone who challenged the **narrative** that I had. It was my swim coach who showed me that not everything you do has to be for yourself. He would always show up to practice an hour before everyone else and would stay an hour later just in case anyone wanted to talk. He could see when I wasn’t mentally at my best and would take time out of his day to just meet and chat or give me advice. He would sacrifice what little free time he had in order to make someone else feel better, his **intent** was to help others instead of himself. This **intent** was truly inspiring to me and the team and we would work much harder just to make sure not to let down his efforts. In fact, while he was the coach our team won provincials 7 years in a row. This **nurturing culture** brought everyone much more success and happiness than any of us could have had individually.

It was because of my coach that I believe there are truly good people that sacrifice themselves for the good of others; While that’s not who I am, it is who I strive to be!