

Essay on Personal Experience

A personal hardship that I have overcome

People face difficult situations in their life at some point of time or other. Sometimes we do not know how to deal with hardships and overwhelming situations in our life. To overcome the obstacles one has to be determined and persistent to move forward to achieve the set goals. Many great people have overcome difficulties with the help of their inner strength. Going through difficulties and struggles develops inner strength. It is also found that adversities developed thinking skills. My experiences of hardships and struggles also made me strong and confident. The details of my hardships are given below.

On January 24, 2014, the most unbelievable and exciting news I got

was that I was selected as a sophomore to represent my High School's track team to participate in the Boise state, New Balance Indoor High School/College Track Meet. This made me very happy. I had made a decision before six months to quit my competitive club soccer team. This was a very hard decision, as I was no more going to play in my high school soccer team. As an adolescent I liked to play football, but I decided to concentrate on track and field and made my commitment to our high school track and field coach that I would focus only on track and field events completely. I wanted to get laurels for my school.

I have vivid memories about my first indoor track event at Boise State University. I was quite nervous and observed that the stands were full of spectators. I said a silent prayer and got ready to run. I was very determined to win so I had practiced well. When I heard the gun shot I started running and was ahead of everyone. When I completed the first lap I was in a comfortable position with a good lead. I was confident that I would win the race. When I was only 75m away from the finish I felt severe pain and was trying to limp and complete the race. But the pain so unbearable for me, so I was forced to scurry off the track and fell down. I had never experienced such excruciating pain before. The University medics helped me to the clinic. I was informed that I had pulled my right hip flexor and was lucky that it was not a tear.

Though I was in a position to win I had to return home without a medal. My health failed me but I was determined not to feel disappointed. I made up my mind to get well soon and come back. I had to undergo treatment for six months. I could not participate in any track and field events during the entire sophomore year. I wanted to take care of my health so that I wouldn't face any difficulties with my body. After my injury I was under rehabilitation. I wanted to get back so I started to get trained with my high school cross country team in August 2014. I tried my best to keep up with the team but I found it difficult. I had just started running since my injury. After running for some time I began to feel the pain again. I was very disappointed and as I could not run as the others. I was wondering as to what had happened to my body. I started crying when I saw my coach. I felt so helpless and could not understand why I was unable to run.

My mother took me to another Orthopedic Doctor. He asked me to go for an MRI. As he was concerned about my condition he referred me to a world renowned sports medicine surgeon at Stanford Hospital. Dr. Safran studied my problems and asked me to undergo hip surgery. On October 17, 2014; I had to undergo Right Hip Arthroscopic Capsular Plication Surgery. At the age of 16 it was a painful surgery after which I was asked to take rest for six months.

Even after my surgery I was not willing to give up. On March 27, 2015, I ran in my first High school track meet which was after about a year and half. I was happy to finish the race without any pain but I could not break any track record nor improve my personal record. I was satisfied with my

accomplishment. With so many medical problems I wouldn't have been successful if I was not determined. Going through all these hardships I learnt so much in the past two years. The difficulties made me realize that we are not powerful nor are we in control of all that happens in our lives. If you believe in yourself with confidence and faith you can overcome the challenges in life. According to Stephan Labossiere "Many times we are our worst enemy. If we could learn to conquer ourselves, then we will have a much easier time overcoming the obstacles that are in front of us." We realize our potential only when we endure hardships. We also learn to appreciate things in times of grief and also understand not to take things for granted. By looking at the examples of people who have created history because of their fight against odds we know that it is possible to overcome grave situations with a positive outlook.

According to Thomas A. Edison "I have not failed. I've just found 10,000 ways that won't work." If he had to withdraw when he faced hardships he wouldn't have been able to make his great inventions. Likewise Nelson Mandela became the first democratically elected president only after a hardship in his life. He had to spend 27 years in prison before he became successful. So also is Abraham Lincoln who faced a nervous breakdown, challenged failure in business and had to face defeat before he finally became the president. Helen Keller was deaf and blind. She overcame her disability by learning to read and write. She became the first deaf and blind person to gain a bachelor degree. Mahatma Gandhi was against British dominion in India. Though he was put in jail many times he defeated the British Empire with his policy of non-violence. Beethoven composed the most beautiful pieces of music though he lost his hearing. Malala Yousafzai, the youngest noble prize winner became a global advocate for human rights in spite of being shot in the head by Taliban. J.K Rowling is a true example of rags to riches story. She was focused on her abilities and so she could succeed to be a multi-millionaire.

Of the few examples that we see here, we can observe that focusing on the important things and setting a goal is important rather than worrying and getting anxious of difficulties. It should be understood that life is full of ups and downs and any hardship will pass. Failure happens in life and most successful people have learnt from their failures. Overcoming challenges and failures develops good leadership qualities. Limitations of any kind can be overcome with the right approach and attitude. Every obstacle should be considered as a stepping stone to success.

When I look back at how I overcame my hardship I feel proud about myself and thank god for giving me the strength to overcome the most difficult period in my life. The painful surgery did not make me decide against what I wanted. I remained focused on my interests and was very much determined not to give up. My friends and family gave me the encouragement and support that I wanted. Sometimes hardships in life might make us feel that everything is over in our life. But when we see the example of great people we see that it has been a turning point to success. Weakest moments should be considered as opportunities and not as limitations. The success story of great people should be a motivating example for people who feel discouraged. As the outcome of most situations is uncertain it is but normal to experience fear. But with a positive outlook the problem can be overcome.

I have realized that my experience with my challenges helped me to grow as a person. My decision to get back to running gained me respect. I understood how difficult it can be to depend on others for all the needs. I have become more humble and can understand when another person experiences pain. I am grateful for all the blessings in my life and will never take anything for granted. My parents have been my strength and I am grateful for all the support and encouragement they gave me.

My favorite Word

There are many words in English language with different meanings. But some words have a special feeling. I have many favorite words but the most favorite word that I want to write on is 'Hope'. Hope is basic for all human life. We keep hoping for the best in our lives. In the midst of uncertainties it is a sense

which wants things to happen and expects it to happen. When experiencing difficult situations hope is what keeps people going.

Hope is something abstract which means believing and expecting something to happen on which one has no control. The meaning for the word hope is explained as "a feeling of expectation and desire for a particular thing to happen". According to Christian theology hope is an important virtue practiced by believers. Hope is the base for religion. It makes people believe in the Bible and also in eternal life which was promised by god. Hope is faith that if truly believed things can happen. It is a state of the mind and not wishful. It strengthens life and encourages trying different things even during difficult times. The usual saying is, "never lose hope" which means it can never wear out. Hope makes one want something though it is sure that it is not possible to get. The act of hoping gives a confidence and expects an inherent goodness. Hope is something which can never die but holds on like a star of promise.

When students prepare for exams they hope to do well and get good marks. Participation in sports events is with the hope of winning. Hope brings surprise when the unexpected happens. What makes one to get educated and get a good job is hope. We always hope for the best when we get into desperate situations. The story of Pandora's Box from ancient Greece about releasing all the evils of the world and all the blessing escaped except one, that is hope and stopping the destruction of mankind, shows the importance of hope. It is quite impossible to live without hope. It helps to overcome fear and worries. It is a promise for the future and is necessary to lead an enjoyable life despite constant struggles. Life would become boring and miserable without hope. . Hope makes a great difference in human beings both psychologically and physiologically. Hope gives the willpower to accomplish the goal .Recovery was possible with patients who had a feeling of hope more than that of a person who had no hope at all. Feelings of fear and anxiety are more when a person without hope experiences pain. The feeling of hope helps to block pain by releasing the endorphin in the brain. The impact of hope on the nervous system causes recovery and improvement. Hopelessness adds to health problems while hopeful people are happier and experience more well-being. Hope is also related to developing healthy habits like regular exercise, not smoking and following a healthy diet.

Hope helps to continue living after traumatic experiences. It gives us the motivation to overcome situations and start back. It gives us opportunities to feel happy and courageous. Positive Psychology is to shape people to be more hopeful to improve their health conditions. Hope develops the personality and makes one believe in him. It is easier to motivate a person who is hopeful and he is seen to be more productive in his work.

As humans keep striving towards the future hope is considered as an inner urge towards it. Hope makes the society connected. Hope helps to adapt to situations and overcome adversity. To remain hopeful one should be connected to the community formally or informally. By being spiritual one can remain hopeful. Hope can come to one another from other human beings. In times of adversities other person can help to hold on to hope. Definitely hope makes a difference in the life of all human beings. According to what is hoped our life will be affected. It has been observed that hope makes one behave in a healthy manner and is essential for all human beings.