

- A. What does STRENGTH and being STRONG mean to you on both an emotional and physical level? Explain.
- B. "Strength doesn't come from what you do, it comes from overcoming the things you once thought you couldn't do." How do you connect with this quote? Explain.
- C. "Strive for progress not perfection", We all begin somewhere, how do you connect w/ this quote and perhaps your current attitude about fitness.
- D. Your worth isn't measures in likes, comments, friends, or followers -What do you love about yourself? Give it some thought.

C. I can connect to this quote because of my time in cross country. In the sixth grade I was new to the school and wanted to try running. My mom ~~was~~^{is} a runner and she inspired me to run and do my best. When I was starting out I usually got around 7th or 8th every race. I knew that was good but I wanted to do better. Every weekend I trained and practiced and I noticed a lot of progress. My endurance got so much better and my leg muscles got stronger. Every race after that I improved and the best place I got was 5th. When I entered the seventh grade my progress from the sixth grade really helped me do better. The first race of the season I got third and I really surprised myself. I thought if I can get third I can get first and second as well. I trained with my friend Marina and every race we managed to get first and second for the race and to support our ~~school~~ school. I was really proud of myself because I am a much better sprinter than a long distance runner. I didn't think I could run cross country and I did. I am so excited for next year and I believe I can make even more progress. Practice makes perfect!! I also am excited for the new track club and would love to be a member in the spring!

15/15 Wow! Awesome Hailey! Excellent example, I enjoyed reading it and I can totally connect. I look forward to Track Club too 😊