

How are you feeling?

Category	ITEM01	ITEM02	ITEM03	ITEM04	ITEM05	ITEM06	ITEM07	ITEM08	ITEM09	ITEM10
	ITEM11	ITEM12	ITEM13	ITEM14	ITEM15	ITEM16	ITEM17	ITEM18	ITEM19	ITEM20
	ITEM21	ITEM22	ITEM23	ITEM24	ITEM25	ITEM26	ITEM27	ITEM28	ITEM29	ITEM30
	ITEM31	ITEM32	ITEM33	ITEM34	ITEM35	ITEM36	ITEM37	ITEM38	ITEM39	ITEM40
	ITEM41	ITEM42	ITEM43	ITEM44	ITEM45	ITEM46	ITEM47	ITEM48	ITEM49	ITEM50
	ITEM51	ITEM52	ITEM53	ITEM54	ITEM55	ITEM56	ITEM57	ITEM58	ITEM59	ITEM60
	ITEM61	ITEM62	ITEM63	ITEM64	ITEM65	ITEM66	ITEM67	ITEM68	ITEM69	ITEM70
	ITEM71	ITEM72	ITEM73	ITEM74	ITEM75	ITEM76	ITEM77	ITEM78	ITEM79	ITEM80
	ITEM81	ITEM82	ITEM83	ITEM84	ITEM85	ITEM86	ITEM87	ITEM88	ITEM89	ITEM90
	ITEM91	ITEM92	ITEM93	ITEM94	ITEM95	ITEM96	ITEM97	ITEM98	ITEM99	ITEM100

A portrait of a young woman with long dark hair, smiling, framed by a decorative border. The background shows a home interior with a painting on the wall and a window with pink curtains.



I am art smart, logic smart, and
body smart, which means I am
creative, think carefully to
solve problems, and learn well by
moving and being active.

My Goal for this year is to not let things that people say get to me, I overthink a lot and don't like when people say certain things because then I think of it all night and get extremely nervous.

GOALS



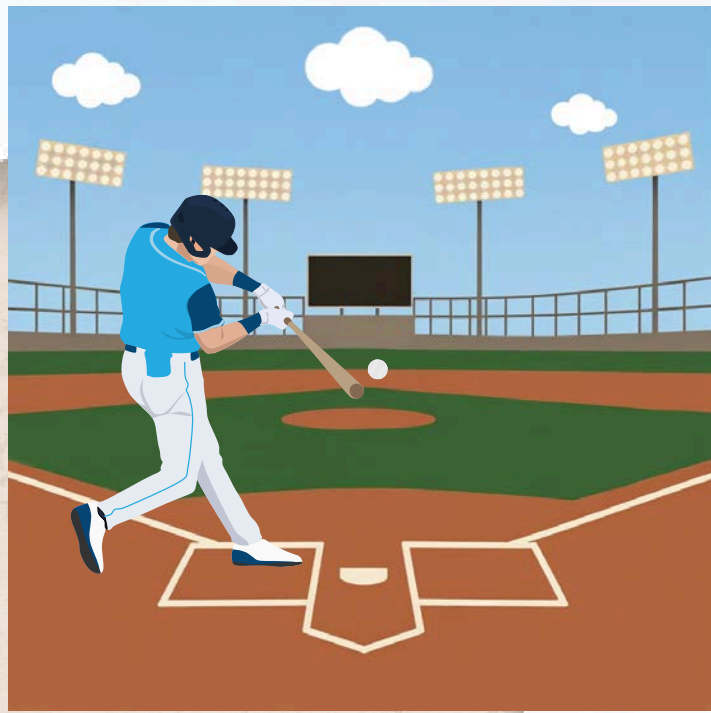
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How much years I've done softball

The month my Birthday is in

My Effective Communicator skills

I stepped into the batters box scared and out of confidence. I was very shy and technically the worst player on my team. I kept thinking if I could ever hit the ball, even ONCE! I continued to debate with myself. At times there were thoughts like "You'll never hit the ball, so why even try!?!". But there were also thoughts like "Even if you don't hit the ball, just try!," I got in position and as the ball slowly came to me, my head shifted and this one thought came to be "Don't ever stop thinking 'I Can'". And then? Well I felt this one feeling that I don't know how to describe go up my spine "BAM!" I ran as fast as I could go, and I made it! We were going to the CHAMPIONSHIPS!!!



What is a lesson I learned?

The lesson I learned was "Don't ever stop thinking 'I Can'". This one message made me hit the ball, even when I didn't think I could.

What did I feel in that moment?

In that one moment I felt very proud of myself and hyper because I won the championship for my team! I didn't stop believing in myself even in the lowest times!



Glows

I think I am a very hard worker that can do many impressive things that most can't do, for example, I can do many things at once!

Grows