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Who I am

Throughout my life I've always wondered what my purpose would be and how I could contribute to the world. Countless times I found myself seeking validation from others because I just wanted to be liked. I thought if I could appeal to others somehow along the way I would eventually find myself. Ultimately I realized that this wasn't the case. In order to truly find out who I am as a person I had to stop looking for myself in other people and I had to take the time to reflect on what I like myself and what makes me happy. For me the things in life that make me the happiest are the simple things like being able to complete little daily goals I set for myself, For example if I said I was going to run some errands or buy something from the corner store I would pride myself in completing those daily goals. I am always looking for a new sense of motivation, something to strive for, or an objective I want to complete. In September of 2014 I was diagnosed with Type 1 Diabetes and ever since then I made it a priority to make sure my blood sugar was always balanced everyday. Managing my Type 1 Diabetes has played a significant role in my growth as a person because it gave me a newfound appreciation for life and also forced me to become extremely responsible. I was able to really focus on myself and make the best out of an overwhelming situation, this led me to the notion of finding a balance within my life. In ancient Chinese philosophy the yin and yang is a concept of dualism in which two contrary forces might actually be complementary. The way this correlates with me is that when it comes to my condition it may have compromised my health but it gave me a much stronger mindset and clearer vision of my purpose in life. On my T-shirt I put the symbol of the yin-yang because the concept of what it represents is something I truly believe in and it is something that keeps me centered and reminds me to always try to find balance in my life. Above the yin yang shows the words "New York" in bold blue and orange lettering. I included this because to me my city certainly plays a huge role in who I am, how I speak, how I walk and just my overall attitude. I chose the colors blue and orange to represent my favorite basketball team, the New York Knicks. On the bottom of the shirt is my depiction of the Rod of Asclepius which in Greek mythology represents healing and medicine. Instead of the rod in the middle I replaced it with a syringe that holds insulin which is essential to my survival as a diabetic. On the back of my shirt I painted the flags of El Salvador, Italy and Puerto Rico because of my ethnicity. My father is Salvadoran and my mother is Italian and Puerto Rican. I felt the need to include these flags on my shirt because they represent my heritage and the countries from which many generations of my family came from. Ultimately the lesson I have learned about who I am is that I don't have one specific purpose in life but rather everyday I should maintain a balance of living a healthy and righteous lifestyle.

References

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