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English 1101

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Make A Wish Kid

“You might not make it to the top, but if you are doing what you love, there is much more happiness there than being rich or famous” -Tony Hawk.

Growing up as an introvert I tended to not make a lot of friends and because of that, I feel like I missed out on a lot of opportunities. That’s not necessarily a bad thing because everyone moves at their own pace in life. I was smart enough at a young age to notice that I wasn’t going anywhere in life if I didn’t change my way of being, and by that, I mean trying to get out of my comfort zone to improve in my weaknesses.

I have a lot of hobbies that I picked up throughout my childhood but one that I learned in the past 2 years is skating. I first learned how to skate through one of my close family members who got me, my first board, for my 16th birthday gift and ever since then I fell in love with it. Sometimes I look back on the times when I first started out practicing in an empty parking lot; I did this because I didn’t want to feel self conscious in an actual skate park. I’m certainly not the best now but I still have fun doing what I love and sharing laughs with friends.

In general, I think it's fair to assume so many people don't live the life the way they expected to as a kid. When I was a 12, I used to compare myself with my mates in the soccer team and I always told myself if I weren't improving I should just quit. Although I unfortunately did many times, I decided to try it out again for the last time, and up until now, I'm actually having fun with it. For me, my demotivation was not being good enough. It's funny because no one ever expects you to be naturally good at anything especially as a beginner, but for some reason, I expect to be perfect at everything. I have changed. **I am no longer the kid who**

feels embarrassed at trying out something new anymore. It might be part of growing up but at the same time, I don't feel like a grown-up.

There are times when I'm vibing and sometimes when I'm unhappy and that's just a part of life you have to deal with. I once heard a quote by Mark Twain that said: "Twenty years from now you will be more disappointed by the things you didn't do than by the things you did do". I encourage everyone to try something new every so often. Don't think too much about the critics. In life, there will always be an "awkward stage" but that is the first approach you take and use that further improve yourself.

If I were to describe myself as a person I'd have to call myself "careless". There are probably 10 different words in the English vocabulary that I could've chosen to use but I chose this because that's more of my style. To clarify myself further on: I live as a careless person because I'm living in the present, without a second thought of what's to come; or trying to hate myself for the mistakes I did in the past. I don't think I'd be able to fully to commit to my ambitions if it were otherwise. If I had to use a different word that would generally conclude who I am, I think I would like to use is explorer or adventurous because I like to try new ideas but I never settle on one thing for the most part.

Every now and then when I want to get some fresh air at night I go to a local park. On occasions, I sometimes see this 40-ish year old man running the track. You can tell he has good discipline and motivation, and when the general eye sees this, they always think it's amazing but they don't know how hard it is to put in the time and effort especially when you have work and school taking up half of your daytime. I respect that guy whatever his name is and I wish I could motivate others as he does to me when I get older.

I also picked up on dieting while trying to get into fitness. When I was 15 I remember seeing this guy on youtube called Chris Heria, who amazes me every time I watch him. He does fitness videos niche for the calisthenics community.

And just like any kid who finds something interesting, I decided to follow his guidance. At first, I would usually **worked** out it in my spare time but since then it kind of grew on me similar to like a pet does. Anyways, my body type is the kind that hardly gains any weight, so for me to go from 135 to 145 at 15 years old, took about a year's worth of trial and error. I have learned a lot ever since. I know how to cook my own meals depending on the workout plan I am doing for the day, and I am a lot more strict with myself. Basically I have to do a calorie surplus which means to eat a lot more than your body needs. From an outsider's perspective this seems very dangerous. But if you don't have any knowledge of dieting, you wouldn't realize this is a pretty normal thing to do. Except of course when you take in foods with too much high-in protein; too much protein can be bad for your liver in the long run. Same thing goes for fatty foods. In general, if you eat meals that are healthy, you will be fine.

I like to imagine a world where everyone can peacefully coexist with each other and not care about anyone's imperfections. I think that would be nice to have, but the reality is life wouldn't be as rewarding if everything was as easy as it seemed. Truth is, looking back at my efforts, I am proud to say I never once have regretted the life experience I gained trying out new things. At the end of the day, everyone makes mistakes. that is why picking up a new hobby creates the opportunity for you to get outside of your comfort zone and try something new. Even if you hate it at first, I think you'll find its actually way more fun than you originally thought it would be. If I'm wrong I'll take it, but I don't regret anything in life that I chose to do. Except, of course, the things that I didn't get to do.