

Chapter 1 Activity – Get to Know Yourself

1. My ideal day is waking up well rested, caught up on all my schoolwork, and relaxing the whole day without having to worry about anything.
2. When I was younger, I wanted to become a Neuropsychologist.
3. I am most inspired by my potential. I know that regardless of statistics, regardless of growing up in the “hood,” regardless of the color of my skin, I am capable of anything.
4. This may sound silly, but I’d love to meet Rod Wave (Rapper), because he seems to be able to neutralize those feelings of anxiety, depression, etc. through his music. I would ask how he copes with those emotions and use them to his benefit.
5. I would like to break my habit of procrastination. I would like to start the habit of not just saying things but putting action behind the goals I have set for myself.
 6. Qualities of someone I admire are:
 - Perseverance
 - Ability to make good sound decisions
 - Ability to communicate with confidence
 - Loving heart
 - Sociable
 - Intelligent
 7. To relax I meditate. I go outside, or I use the bathroom as my personal sauna.
 8. The last time I did something I was afraid of was two days ago when my friends forced me to watch horror movies.
 9. I am most proud of not giving up on school and continuing to make progress toward getting my degree.
 10. I am most afraid of death at a young age and failing in life.
 11. If life stopped today, I would regret not giving my absolute best when I knew I could’ve.
 12. I would like to reconnect with my mother. The past couple of weeks have been crazy and we are both stubborn, but I do miss hanging out and taking to her.
 13. I admire honesty and trustworthiness in others.
 14. I wish I had the ability to type without looking at the keyboard.
 15. If I were in the 90s, I would want to go to a school dance or prom. I would tell my children how their mother used to get down.
 16. My favorite movie would have to be any of the Pitch Perfect films. I love acapella singing, its so interesting, yet so mysterious.
 17. If I could make one change in the world, I would delete the ideal racism period.
 18. I like to encourage others to reach their full potential and give their best, regardless of any obstacles they may be facing.
 19. New experiences, people, and environments.

20. I wish to do more travelling, I want to see the world for myself, not based on picture someone else has painted.
21. I would make sure I was financially stable, with a car and house. I would build a legacy for my children and their children.
22. (a) The area of my life right now that makes me feel the best is friends and college experiences. For instance, going to the park, or going out to eat (even if it is only McDonald).
- (b) The area of my life right now that makes me feel the worst is home and studies. I say this because the first thing that comes to mind when think of this is stress. Because I was an ideal student in high school, the standards from my family are set high, so coming to college and failing and struggling is foreign to them and harder for them to accept.
23. Passing ALL my classes with at least a B+ and having an amazing Band season if Covid-19 lightens up.
24. (a) I would tell five-year-old me that there is absolutely nothing wrong with being a tomboy.
(b) I would tell sixteen-year-old me to calm down, nothing is too hard, college work is not impossible to complete.
(c) I would to Twenty-one year old me to keep excelling and you better vote!