***3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time? (350 word max.)***

Freshman year, I overheard a conversation about cross country, and it sounded absolutely atrocious to me. But that’s why I signed up. My parents never forced me into a sport; motivation from within propelled me. I was rewarded with a lesson: I am capable of anything once I find the strength to self-discipline.

As a sixteen year-old, I saw veganism as nonsensical and did not understand the appeal whatsoever. So, I went vegan. I admitted to myself that I wasn’t all-knowing, especially with no personal experience. Playing devil’s advocate with the intention of exploring a lifestyle further, I refrained from eating animal products for an entire five months, and have remained vegetarian to this day. From this experience, I am more well-rounded as I can now speak from a new honest perspective.

A couple months ago, I heard about kickboxing at a local dojo. It was difficult to imagine myself there, so I showed up. On day one, I was intimidated by the tough experienced boxers, and embarrassed by my lack of experience, but these thoughts were all from within; nobody else was ever discouraging. So I kept showing up, and the supportive people surrounding me have trained me to persevere inside and outside of the dojo.

The law of attraction is certainly my blueprint for thinking; my decisions root from the simple concept that positive thoughts are magnets for a positive life experiences, whereas cynical thoughts attract negative life experiences. By harnessing affirmative thinking patterns, I have become less hesitant in terms of opportunity. Rather than waiting for opportunity approach me, I seek it by stepping into a new realm outside of my comfort zone. And rather than letting my brain make calculations and estimate situations, I remain vulnerable and spontaneous, which has truly opened doors and created circumstances that are both terrifying and irresistible. Signing up for cross country, going vegan, and committing to kickboxing all rooted from a particular talent I’ve always harbored: the ability to keep an open-mind even when it comes down to situations that seem below par and beyond reach.