

## Reflection

In skills for life class, we have a project about self-development. We have to set 2 goals to develop ourselves. My goals are how to be more healthy and how not to express my emotions directly through my face. I want to be more healthy because I am a low blood pressure person, I usually dizzy when I wake up, and when I quickly stand up. I want to eat more healthy, exercise more often and I want to have a proper sleep rate. I usually show my emotion through my face, I express them directly, too direct, No one like when people angry to them. My friend told me that I usually look like I am angry, but no one did anything, actually I no one makes me angry, I just think about something that makes me feel bad. I did not intend to do that, so I do not want other to feel like I am angry all the time.

I never know how to be more healthy because I did not care much about my health. I started this project with research a lot of information. I research about how to exercise with low blood pressure, what low blood pressure patient should eat. There are many prohibitions for low blood pressure patient. I have to start from Yoga because yoga helps our blood to flow easier. After yoga for 1 week, I started to run, I listen to what my body told me, if I felt dizzy I will slow my running rate down. I have to eat more healthy, more vegetable and fish. These foods will help in healing me. In the first day I ran 15 minutes non-stop, I do that for 3 days, then I started to run 20 minutes per day. At first, I think that it is too hard to run 30 minutes per day, the minimal rate of running per day, however, in the end, I can run 30 minutes per day. If I start running 30 minutes on the first day, I think I could not reach the goal. I eat more healthy, I change my habit, I used to eat lots of junk food, snack and sweet. I stop eating them and eat fruit instead. The sugar in fruit will make your body do not want more sugar, so you do not need sweet. I tried to observe my emotions more often if I feel bad I will try not to show them out. At first, I could not do it, I forget that I have to observe my mood, when I get angry I forgot everything, but after the very first time, I realize that I have to be calmer, so I tried not to speak when I am angry, it works. However, it is hard to control my face, I usually act it with unconsciousness.

I have learned lots of things from this project, I know how to be more healthy, by eating and exercise, and I know how to keep my emotion. Even though my second goal, which does not express my emotion, did not success. I success in be more healthy because I felt less dizzy when I wake up and can exercise more than I ever did. I fail in control my face expression, but I think, I have better skills in controlling myself from my bad moods.

In interview part, the first time that I interview, I was very nervous I did everything wrong, my eyes contract is the worst part, I focused on others things more that the interviewer. I usually touch my hair and use hand to express my thought, while I should not do like that. The second interview I think I did better that my first time, I think I did it quite well, I use more eyes contract and answer more reasonable question, but the interviewer said I did not answer the accurate answer. I will tired to find more accurate answer, so I could develop my personal statement more, and I will able to answer it more correct.