

Terence Liegey

SJBDHS

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What are You Thankful for This Year?

I am very thankful for the gift of motivation. This year, I have felt extremely motivated to better myself and my surroundings. Since coming out of quarantine, I realized I needed to work more to better my health, my grades, and many other things. I also realized that I had a lot of free time during the summer months and that I needed to use this time wisely and beneficially. But I felt that I needed some sort of reason, some sort of motivation to actually follow through with this. I was not exactly sure what my motivation was in the beginning of this journey, but I knew that I had some sort of motivation within me. For the past few months I required myself to go to the gym, to go to the soccer field, and to go study regularly. I knew this would not be easy and this is where I needed that gift of motivation. Once I started this journey, I had realized what my motivation was- it was seeing myself progress. Seeing myself develop and improve in the classroom and on the field fueled me with motivation to continue this process. Just from seeing these little improvements, I gained so much confidence and motivation to keep going. I improved so much in such a short time, so I began thinking about how much better I could get with even more training and work. This visible improvement and progress provided me with so much energy and motivation.