



learning for life

embracing core values

your details

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 year: **52**
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 teacher: **Mrs Campbell**

favourite quotations

"Even the tallest tower got started from the ground" - Chinese proverb.

This interesting symbolic quote spurred me on to persevere through hard times knowing it would all be worth it in the end. It encouraged me greatly to follow my dreams and remember that my idealistic figure (Andy Murray) had to be built up from nothing, just like me, and it gave me a positive mindset which made me feel confident that I was capable of achieving everything that my idealistic figure has achieved.

favourite stories

The story of Walt Disney

A man named Walt Disney had always dreamt of becoming a great cartoon artist, but he was turned down by every newspaper job he applied for and so, without a penny to his name, he was forced to live in a mouse infested garage. Disheartened and upset, he forgot his past and with a positive mind, a pad of paper and a lot of spare time, he sketched the mice and developed them into cartoons, one of which was called Mickey. Soon people noticed him and his cartoon mice and he got good jobs, and he and Mickey went on to be very successful. This story not only gave me great admiration for Walt, but also inspired me to persevere and follow my dreams even if you are down trodden. It also taught me not to judge a book by its cover and that "Even the tallest tower got started from the ground".

01 personal development

- positive outlook
- gratitude
- love
- enthusiasm
- happiness/joy
- perseverance
- generosity
- honesty/integrity
- humility/modesty
- wisdom

your choice:

In life, there are many hard and easy parts. Everyone has to persevere through the hard parts so that they can develop character as a person and be proud of their achievements. If you can do the easy parts they're pointless unless you do the hard parts.

02 successful living

- creative thinking
- learning
- focus
- work
- ideals
- purpose
- courage
- friendship
- confidence
- self-discipline

your choice:

If you acquire good self-discipline, life becomes easier in many respects which have a massive effect on successful living such as putting off projects, going to work, healthy eating and studying.

03 turning things around

- problem → solutions
- potential → actual
- loss → gain
- pessimism → optimism
- worry → moving on
- mistakes → learning
- anger → calm
- put it off → do it now
- fear → fearlessness
- stress → stillness

your choice:

This also incorporates pessimism → optimism as mistakes are generally considered as bad things, but they are also the best way to learn in life as you remember mistakes more vividly and easily than successes, so you can learn from them and not repeat them.

04 personal relationships

- co-operation
- responsibility
- empathy
- trust
- kindness
- forgiveness
- respect
- volunteering/service
- listening
- openness

your choice:

Mistakes and misconceptions cause quarrels in relationships. If you can forgive, you can end quarrels and enjoy good relationships with others. You must also be able to forgive yourself or you will never be able to move on to better things in life.

inspirational figures

Andy Murray

I have chosen 19 year old, Scottish born, pro tennis player Andy Murray to be my idealistic figure as he has persevered through the many tough times in his life and in the end, it has all paid off. When he was 15, he went to a tennis school in Spain. Here, he did one hour of school and five hours of tennis every day. If he had not succeeded in his tennis career, it would have been difficult to get a good job as he did so little academic work, but because of his self-confidence and determination, he pulled through. Soon after, he was competing in the men's Wimbledon where all the odds were against him and the psychological pressure was enormous, but he persevered to become one of the world's best players.

personal reflection

Practice makes perfect
 "Even the tallest tower got started from the ground".

This is a Chinese proverb which makes everything another person you idolise has achieved seem achievable to you, but overall, it explains and emphasises the importance of persistence and with persistence comes perseverance. With perseverance and persistence, this will help affect other aspects of your life for the better, but without them, very few ideals will become realities in life. For example, my dream is to become a professional tennis player. Every time I move into an older age group and I become the youngest in the age group, all of the boys are older and stronger than me. If I persist and persevere I become skilled and experienced enough to beat them and as the saying goes, "practice makes perfect".

Another ideal or dream of mine is a world without peer pressure and bullying. In my previous school, I was in of a group of people who were manipulated and intimidated by a group of "playful" bullies. After a while, we stood up to them and built up the courage to tell a teacher and this stopped the bullying. When I was being bullied, I felt that I had to be the bullies' friend out of peer pressure of being uncool and that I wouldn't be in the group with my friends. I was scared to go near the area where they lived in case they had older, tougher friends I do not think any person should have to feel like that because it has an effect on you as a person; an effect on the way you act; how you feel about others; how you perform in school and even such things as the sports you play. You should be able to make decisions like these by yourself without other negative social influences, although opinions from friends are helpful.

Even a man like Walt Disney without many friends was rejected and not given a chance which in a way would have felt like being bullied. Yet, he persevered and rose to the top; he became "the tallest tower" from nothing, like Andy Murray psychologically fighting his way onto the professional tennis circuit. I admire people like Andy Murray and Walt Disney because they never gave up and persevered right to the end. I idolise them for their achievements and the way they achieved them and I hope to be like them as I learn and go through life, however, I decide to live it.

Our goal is to help individuals build a firm foundation of lifelong practical wisdom



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