

Throughout this class, I have benefited in many ways. I have noticed my self-confidence go up in these past weeks. I keep my head level when walking and climbing stairs, only dropping my eyes occasionally if I need to look at the stairs. More people look at me as I go down the hallway, as I stand out above all the others holding my head high, while many just stare at their feet and pass by. I pick my feet up and do not drag them along the ground. My posture has also improved as I do not want a hunched over back.

I also talk to more people because I am now confident enough to start conversations and be comfortable talking to others, instead of being afraid of what they may think of me. I realized no one should judge me before they talk to me, so I assume no one has made judgments and talk to them so I can make an impression.

I cleaned out my closet and donated many clothes from past years that I never wear and have no need to keep them. I have also purchased a few more sophisticated clothing items, as I am tired of wearing the same old t-shirt and jeans every day.

As far as make-up, I actually do change tones to darker at night and no longer as dark during the daytime. Just looking a little brighter makes me feel brighter.

I have started to work out every night and I can tell it is working just in these past four nights that I have done so. The exercise has given me endorphins, which are already making me happier and more energetic. I am catching myself in my negative thoughts more often and am beginning to think much more positive.

I eat no more refined sugar, and seldom eat processed food. I eat fruits and vegetables daily. I also eat Cheerios every morning instead of sugar cereals. I eat whole grain bread instead of white bread. I consume more protein also.

Overall, I am very much more aware of my surroundings and how I had not been treating my body well enough and now how I have started and will continue to treat it with much care.