

Jessica Butler  
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Performance I

When I enrolled in the Performance I class I hoped to learn many things about the modeling industry, live a healthier life, and how to enhance my self-esteem. Now, after taking the class, I realize I have learned all those things and more. I have learned how to shop for essential items my wardrobe was lacking, and how to make the most of the money I spend at the mall. Another very important thing I took away from this class was how to take care of my body both physically and emotionally. I am learning to not be such a negative person, to have a better outlook on any particular situation I may find myself in. Since taking this class I have greatly changed my eating habits after realizing they were not beneficial to leading a healthy lifestyle. I have cut out many items I was previously eating daily, and am feeling the astounding benefits already. The most important aspect I took from this class however was the boost in my own self-confidence. I learned to not judge myself so harshly, and to not compare myself to others; I am who I am. For two weeks I wrote affirmations about myself and posted them around my room to remind my self I was a great person, for those times when I felt I wasn't. I very much enjoyed taking this class and I believe the things I took from this class will stay with me for a long time.