

Tina Lensing

My experience in the performance one class has benefited me in numerous ways. I have been eating more protein and staying away from most junk food. I will continue to eat as healthy as I can. I have learned how to apply make up correctly, to bring out certain features. My eyebrows are looking better then before. I have been taking care of my finger and toe nails.

I have learned the basics of clothing. Also, I have been shopping smarter and not buying instinctively. I intend to go get an opinion on my hair for a more recent hairstyle. I have learned how to walk the runway and with confidence. Posture is extremely important, it makes you look taller and more confident. I have been trying my best at standing straight and tall even though I already stand above others. I accept my height and use it to advantages.

Most importantly I have learn to accept myself first. I have been thinking more positively and being more friendly to people I know and don't. I have been trying to break bad habits and replace them with positive ones. I try to keep a smile on my face all the time, and enjoy and live life to the fullest. "The greatest tragedy is never become the person that you were meant to be." I am glad I was fortunate enough to attend this class. Thank you.