

Performance One

Taking the Performance One class has been a great experience. I really have enjoyed meeting new friends and getting to know new people. I also loved the fact that I was learning and enjoying myself at the same time. Learning how to better myself to be successful in this industry has been exciting, fun, educational, and it has all been new. I'm glad that I have already been able to enjoy myself even though I am just beginning this journey.

In this class I have benefited myself in that I have been more positive and more confident. I find myself always looking on the brighter side of things and realizing how lucky I am to be me. Allowing the positive thoughts to stay with me and clearing the negative thoughts from my mind is one way I have changed. Also, always telling myself, "Yes I can!" and never giving up has been a positive benefit.

Taking care of your body is very important and now I realize how I may have been neglecting my body before. Nutrition and exercise is the first priority you should have with yourself. You need a healthy body to stay strong, fit, energized and of course, healthy. I have learned that eating the right foods will supply your body with energy and nutrients that you need. Healthy skin, strong bones and muscles, a healthy heart and an energized body can come from eating properly. Exercise is very important as well. Working the most important muscle in your body, the heart, as well as the other muscles you have is critical. Staying in shape not only makes you look great but it makes you feel great and refreshed as well.

How we dress can express much of who we are and what we like. Creating the look book has helped me view different outfits and looks. Picking out looks that have been put together to make a great outfit has been helpful and it showed me what to expect if I am asked to dress a certain way. I now know more about putting outfits together to make specific looks.

I am proud of myself for taking this class. It is just a start of something that can go a long way with determination, persistence, and confidence.