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How Well Do You Know Yourself?

1. Most of the time I do feel I am home, surrounded by my family, great neighbors, a not so peaceful city. Feeling at home means living in a place where you feel comfortable, peaceful, and happy with everything you have within that pace. Salinas has been my home since I was born, however as I grew up I began to create my own dreams of living in Los Angeles where I know, I will also feel at home since I've always wanted to live there. I'm content living in Salinas, but not entirely happy, it's not because of the violence or boredom I may feel sometimes, but because this is not the city I have in mind to live for the rest of my life. I will always appreciate living in Salinas however, it is not the place where I will be entirely happy.
2. Today I should try participating more in class and volunteering instead of waiting for the teacher to call on me. I should put aside my shyness and stop being scared of asking or sharing my opinions with the class. I need to be more outspoken with my classmates since I know they won't make fun of my comments or questions.
3. I believe that so far, I'm doing most things right in my life. I still have to work on things such as: becoming more independent, looking for things instead of sitting there and waiting for things to come to me. I need to be more motivated to getting things done on time, I cannot wait until the last minute where I can't do things right. I want to reconnect with some of my friends from high school that I haven't seen in a long time. By reconnecting with them, I know I will have a happier life.
4. I know I'm not the funniest person, or make super funny jokes, but I do think I am fun person to spend time with others. I think I'm a funny person when I'm surrounded by my friends or family members. I have a really good sense of humor which allows me to always have a good time no matter what.
5. I do believe I have enough money to live a pretty good life, I am able to travel, buy things I want, not everything I want, but at least what I need. I am also able to go to college and pay for my tuition. I do wish I had more money to live in and help my parents financially.
6. In my opinion I don't think I have enough fun, I don't go out as much as teenagers my age do. Sometimes is because I don't want to spend money because we all know how much money we can spend simply by going to the grocery store. I simply go to the park with my dogs and I still have fun with them. I definitely need to go out more with friends and enjoy my life right now while I'm still young and have nothing else to worry about.

7. I feel like I have enough 'true' friends around me. I prefer to have a small amount of friends that I know will be by my side in good times and in bad times. As time goes by, old friends suddenly become strangers, but new people come into my life that I slowly begin to form new friendships. I accept this because I know that ultimately, those who remain around me and actually make an effort to maintain a friendship with me, will continue to be 'true' friends that I will truly appreciate.
8. For most of the time, I do enjoy my own company, I'm always in a good mood, I enjoy activities. However, when I am angry or stressed I definitely don't even enjoy my own company because I become a totally different person. This is the only time when I don't truly enjoy my own company and prefer to be alone.
9. I try to work out 5 days a week, but it all depends on how busy I am in school. When I do work out, I work out for an hour and twenty minutes some days, and one hour on other days. I do try to exercise as much as I can when I have time and feel motivated to work out.
10. I do feel like I'm waiting for my real life to begin, I'm waiting to begin completing my responsibilities as an adult. Obtain a great job, save money to buy my dream house, begin to pay important bills, etc. Right now I don't necessarily have a lot of responsibilities as a I know an adult does. However, I do believe I need to begin preparing for the future and to make sure I know I'm in the right path to reach all of my goals.
11. I do feel my feelings, whenever I feel sad, angry, really happy or depressed. I don't necessarily express my feelings to others because I don't feel comfortable, I don't know why. I usually just take it day by day, and slowly forget about my feelings. I've always had trouble when it comes to expressing my feelings, I hope I find a way to trust people around me that I am able to rely on when I want to express how I feel.
12. I definitely do think I see myself how others see me, sometimes. I know a lot of people believe I'm very quiet and shy person, but I don't completely agree with them. When I first meet people, I will be a bit shy, but once you get to know me, I will be a very talkative and fun person to spend time with. I guess people are quick to judge and assume that I am a type of person without giving me an opportunity to show them who I truly am.
13. I feel that I sometimes I think about things but I don't necessarily know why I think about those particular things. They just come to my head and I go through these ideas without truly knowing how I began to think about them. Even if I don't know anything about them, I know that eventually I will understand more about those specific things I was thinking about.
14. I feel I am ready and open for anything that may come in the future. I really don't like to be surprised, I definitely prefer to know what is going at all moments. I

know I can't control everything that may happen in my life later on, all I can do is prepare myself for anything that may come whether is good or bad.

15. To be completely honest, I can't think of any blind spot that I may have without realizing it. I may have one, but I just haven't noticed and it could be causing me problems in my life.
16. I definitely overthink things all the time, I am a very indecisive person most of the time. Even after making a decision, I overthink about whether I made the right decision or not. I've always been like this, since I can remember, I guess is something that I will have to live with for the rest of my life, even though I don't necessarily think it's a negative thing about myself. I just overthink things because I want to make sure I make the correct decisions.
17. I feel I have made peace with my past, I don't want to dwell on something that I know can't really be changed. From time to time, I will remember about certain situations or events from the past, but I quickly begin to let go of those thoughts and move on with my life, continue to be happy with who I am now.
18. My family and my future are the most important to me because it's all I need to be happy. My family's support, love and companion makes me feel happy and secure within myself. Everything I am currently working on, my education, is to make sure my future is filled with success and all of my goals are accomplished. I will continue to work hard to make sure I will have a great job and live a happy, peaceful life in the future.
19. My mom is most important to me because she is one of the few persons I can truly rely on when I need help. We rely on each other for many things, we help each other to make sure everything is good at home. I help her in any way that I can when she has anxiety or depression. I will always be there for her when she needs because it is my responsibility as her daughter to be there for her, always.
20. I am not sure what's in store for my future, but I hope it's something positive, filled with success, happiness and peace. The future does make me a bit scared and nervous because I don't know if I will fail or achieve everything that I have in mind. I will do my best to make sure I am on the right path that will eventually lead me to accomplish all of my personal and professional goals.