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STRIVE TO BE THE BEST YOU CAN BE

My mother has always told me to treat others the way I want to be treated, while my dad's motto has always been, "Always try, never lie, always help the little guy." One of my teachers says, "If you learn to listen in class now, you will listen in life forever". All of the above are Laws of Life but what they all boil down to is my Law of Life, which is to strive to be the best person you can be. You can do this physically, mentally, emotionally, and spiritually.

To begin with, I strive to be the best person I can be physically by belonging to a swim team. When I first joined the Channel Cats at age eight, I never imagined that swimming would teach me so much more than improving my ability in the water. Over the past six years I have learned time management, dedication, cooperation skills and most importantly, how to set goals, a skill everyone needs if they want to be the best they can be. I've learned that you need to work hard to achieve what it is you want and that when you do achieve your goal there is no better feeling in the world.

By striving to be the best you can be physically, you eat healthily and you exercise on a regular basis. If everyone would eat healthier and exercise regularly, people would avoid or decrease their chances of becoming ill, allowing them to lead a longer and more enjoyable life.

In addition, when you are the best you can be physically you develop a positive self-esteem and it doesn't go unnoticed. Younger kids look up to older ones as role models, so it is extremely important to be positive and model the right behaviour.

Being the best you can be physically is only part of my Law of Life. You must also strive to be the best you can be mentally. Doing this means respecting your teachers, your classmates and yourself, therefore creating a healthy school environment for everyone. To be the best you can be you listen in class, don't show up fifteen minutes late or skip class altogether. You complete your homework and assignments to the best of your ability and study for tests, and you do so not while talking on the phone or watching TV. By being a good student you reflect upon your school and yourself positively

and you make the right decisions. You pass on things like drugs, underage drinking, and vandalizing other's property, and it pays off. By listening in school and trying hard, one day you'll end up with an occupation you'll love and you'll have a positive effect on the world. You may become a doctor and cure a disease, deliver children to school safely as a bus driver, or help people find a home they love and can afford as a real estate agent. The opportunities are endless.

You can also strive to be the best you can be emotionally. Doing this you'll not only make yourself feel good but you'll help others feel better as well. Throughout the week I lead a very busy lifestyle but I know that by just taking ten minutes to call and talk to my grandma, I'm not only making myself feel good but I'm making her day as well. By striving to be the best you can be, everyone would offer to help others in need. It could be by helping your parents put away the dishes or raking an elderly neighbour's leaves. Everyone would treat others kindly and would give back to their community.

Finally, you can also strive to be the best you can be spiritually. This is different for everyone. For some it means going to church Sunday mornings, for others it can be taking a walk and appreciating nature. For me, spirituality means being thankful for all I have and trying not only when things are going bad but when they are going good too.

Striving to be the best person you can be in all areas of your life can have an incredible ripple effect on the people around you. Just think of the impact our positive actions can have on the world and in all areas of our lives, physically, mentally, emotionally and spiritually, if we all strive to be the best we can be.