

## Who is an Everyday Hero that Brings Out the Optimism in You?

The definition of optimism is hopefulness and confidence about the future or the successful outcome of something. Being optimistic is a trait that not a lot of people have these days with all the current events happening and the problems in our everyday lives; a lot of people have given up on optimism. With a lot of people being pessimistic, I am blessed to have a hero in my life that always gets the most optimism out of me. My hero is none other than my mother.

Former Duke Men's Basketball Coach Mike Krzyzewski stated in a talking point to one of his teams, "Be as tough as your mothers." I totally agree with his statement. Although she might not be the biggest person, my mom has the biggest heart in the world. No matter the situation, she always has an optimistic outlook on future events. Whether the event be a basketball or football game I'm nervous for or a test I'm not confident in, she always tells me, "Just take some deep breaths and relax. You got this; you're ready for the moment." After those powerful words, the outcome of my performance is better than I expect. Her optimistic heroics save me from thinking about the bad and instead, I think about the good. Her power and strength are passed to me with her words and courage.

A big factor into being a hero is saving or helping people when the times are really tough and it's not easy to help. Well for my mom, she shines when the going gets tough. Most people give up when there's negativity - not her. Most people stop helping other people when they shoot them down - not her. One example of her heroics actually dealt with her stubborn only child, being me. Sophomore year I fractured my humerus. The injury was not funny, nor did it help my

optimism. With the times of COVID and the seriousness of my injury, I was crushed and defeated. It felt like a weight was dropped on me and I couldn't get up. That was until this little hand of my moms grabbed my destroyed hand and picked me up off the ground with some difficulty and got me back on my feet. I was not fun to deal with, nor was I easy. Making statements such as, "Why me?" or "Nothing goes my way; what's the point?" With making these statements, the evil pessimists had taken over my mind and spirit. Enter the optimistic hero. Hearing those statements day in and day out, seeing me in tears constantly, she stayed strong and pushed through the pain with me. Tears were shared between us, but most importantly there were laughs that she supplied both of us with. When it felt impossible to smile, there was mom to turn the frown upside down. Answers to my statements such as, "You've had a more serious injury; this injury will take less time to recover" and "You've trusted the process before, now it's time to trust that process again." The simplest of words turned into the most powerful of phrases. She's one of a kind. Suddenly, the injury didn't affect me as much mentally and seeing the outcome optimistically pushed me through the broken arm. I didn't get through the injury by myself, my mom went through the injury with me. In fact, she probably did more work to get me back and healthy than I did myself. With the optimistic hero on my side, the pests were defeated.

Another way my mom brings out the optimism in me is her philosophy. When a problem or positive occurs, she always states "Everything happens for a reason." That philosophy is hard to go by – at least for me. When something goes wrong, I lose it, but again my optimistic hero does not. The philosophy of everything happens for a reason is easy for her to stand by no matter what the circumstance is. When I perform well, she is the first to congratulate me. When I perform badly, or sees that I'm down, she's the first on to pick me up. She is the best mom I

could every ask for. Anything you could want in a mom, she has. She continues daily to help me stay positive and guides me through the toughest of times because she's been there. She always knows how to help and is always there for me the most when the times are tough. That's a hero in my eyes.