

Reflective Essay #1 (PathFit 1)

Experiencing Laro Nglati was an incredible move through which I learned many things. The activity has all kinds of physical exercise combined with teamwork and personal development. Through this, I acquired true skills that continually benefit me on a daily basis. It taught me how to work hand in hand with other people as a team, how to communicate effectively, and solve problems together. I even found out what I can do and gave me boost for confidence in what I could do. The exercise, teamwork, and friendly competition at Laro nglati were involved in shaping me into a well-rounded person. Through game, I learned to value sportsmanship, discipline, and perseverance. In retrospect, there are so many lessons that the activity taught me outside the playing field and really benefit me in all areas of life.

And from Larong Lati, I learned to be stronger physically, also to coordinate myself because I had to push myself while there was development of self-esteem in general and my overall well-being. Teamwork and communication skills came in as an important part of learning how to rely on other people and trust their capabilities. It taught me how to change or adjust to new situations and strategies and jump into any challenge. The excitement of the competition/game pushed me beyond the limit, bringing resilience to determination. Winning with humility and gracious defeat also taught me humility and respect. In all the battles I fought against myself, I learned much about my strengths and weaknesses. Through all these, I learned my potential for growth and self-beautification.

It has been transformative, my experience in this activity. The influence on growth as a student and member of society is clear. This program/activity involved me in actual physical engagement, teamwork

and personal challenges to enable the development of essential life skills, meaningful connections, and potential discovery. These chances for growth and development in an individual happen through this activity, for which I am very grateful. Indeed, embracing values and spirit brought from this activity, future generations will surely gain the proper significance which moves well beyond playing field to shape many into responsible, compassionate, and active citizens. I look forward to the continued inspiration and empowerment of its legacy and my duty to share such values with others.