

Optimist Essay Contest

Finding Magic in the Everyday: My Childhood Hero

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Most people think of heroes as those who perform great deeds, display immense courage, and make significant sacrifices, but at the end of the day, a hero is someone who brings out the best in us by inspiring us to be the best we can be. In my case, my everyday hero is none other than my childhood self. As a child, I had a unique ability to appreciate the little things in life, finding joy and happiness in the simplest of activities. Looking back on those days, I realize that my younger self had a special way of finding happiness in everyday tasks, and this perspective has inspired me to be more optimistic and positive in my daily life.

As a child, my family struggled to make ends meet, and we often had to do without the things that other kids took for granted. Many people may think that growing up with less money is unfortunate, but it taught me how to live life appreciating all of the little things which I wouldn't trade for the world.

I remember spending hours playing with the bubbles while washing dishes, fascinated by the way they floated in the air and shimmered in the light. I found the bubbles to be truly magical; I always offered to do the dishes so I could have the privilege of playing with them. Even something as mundane as washing the dishes was transformed into something that brought me great joy and happiness.

I also have fond memories of spending time with my cousins and playing in the grass. As we ran around, chasing each other and laughing, we would often stop to pick long strands of grass and braid them into bracelets. It was a simple activity, but it brought us immense joy. To me, the same grass we step on with no second thought was a beautiful jewelry, something to be treasured and admired. In those moments, we didn't care about the world outside our play area, and we found joy in the simplest of activities.

Looking back on those days, I realize that my child self was my everyday hero. Despite the challenges we faced as a family, I always found a way to stay positive and find joy in the little things. I didn't need expensive toys to be happy; all I needed was my imagination and a sense of wonder. I see now that this attitude has carried me through some of the toughest times in my life, giving me the strength to ground myself in the present moment and find the magic in my everyday life.

Of course, it's not always easy to maintain a sense of optimism and wonder in the face of adversity. As we grow older, we become more aware of the difficulties and complexities of the world around us. We are bombarded with messages of fear and obligations that can make it hard to see the bright side of things. But by channeling the spirit of our childhood self, we can try to remember to find joy in the smallest moments of beauty and kindness and transform them into something magical. Instead of viewing chores as burdensome tasks that need to be done, we can view them as opportunities to find happiness and enjoyment. We can appreciate even the grass as something to be treasured and we can learn to see it as one of the many gifts that surrounds us.

Today, when I feel overwhelmed or discouraged, I try to remember that childlike sense of wonder and appreciation. I take a moment to be grateful for the simple pleasures of life, like the way the sun sparkles in the snow, or the sound of a loved one's laughter. I remind myself that even in the darkest of times, there is always something to be grateful for. A small spark of hope to cling to.

In this way, my everyday hero continues to inspire me, even as I grow and change. By finding joy in the little things and celebrating the beauty and wonder in the world around us, we can all become heroes in our own right. We can bring light to the darkness and find the magic in all that we do; by doing so, we can inspire optimism in those who need it most. So here's to my

childhood self, my everyday hero, may we all continue to bring out the best in ourselves and each other, and may we never lose our sense of wonder and gratitude.