
The Way an Individual Faces Challenges Shapes Them and Their Achievements

Challenges are a part of everyday life for everyone, shaping our achievements and identity. Challenges build upon us making us stronger and more knowledgeable. Although, many tend to believe that a challenge comes as an obstacle towards our path an adversity however gives an individual the experience and understanding to different values of life.

When an individual is faced upon a challenge it shapes them and their achievements as they are able to learn through their own mistakes or wrongdoings. It teaches them important values and information for going about life and chasing their achievements. An adversity is there to push our capabilities and extend our minds to become stronger. Challenges are there as an opportunity for the individuals growth, mentally and physically. Take for example an athlete. An athlete must overcome their own adversity whether it may be to win a gold medal or compete in a event that may be beyond their own capabilities. Either way the athlete will be able to gain new values and information positively, possibly helping the individuals assets and achievements in the near future. Some individuals may go through the utmost tragedies crumbling like the edges of pastries but this challenge helps the individual to grow stronger in their own hearts and minds as well as learning vital values. These values may teach them to become more resilient or persistent when overcome with a similar challenge and hopefully bringing new assets towards their own identities. A challenge is more of an opportunity for the individual to grow transforming their own identities as they will be able to learn through their past experience.

One great and determined individual who was to overcome her own challenge was Bethany Hamilton. A surfer from a young age, she was however viciously attacked by a shark, resulting in her losing one of her arms. This immense tragedy taught Hamilton the important value of resilience persistence and helped her to continue pursuing her own dreams. She overcame her own adversity and this led Bethany to win multiple awards such as the Explorer Women's Division of the NSSA. Challenges are part of our everydaylife to support our mind growths and achievements, teaching us numerous values such as the 5 keys to success or new opportunities. A challenges truly shapes and individuals identity and achievements.

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