

Free term paper on the greatest influences of my life

[Family](#), [Father](#)



Everybody has a hero, someone who has made a huge impact on another person's life either through actual interaction or as an inspiring story. To be a hero, this someone must have changed another person's existence for the better. Not all heroes wear costumes or fancy clothes. You don't see them flying or riding flashy cars. No huge houses under their names, or fat bank accounts to speak of. Some may not even have fought battles or wars, but they still represent strength, endurance, humbleness, and bravery. I am fortunate enough to have met such people in my lifetime. I do not only have one hero, but two. The two greatest influences of my life are epitomes of what I want to be and have helped shape my present life as I now know it, my father and my high school wrestling coach.

I grew up in public houses but also lived in various apartment complexes. Despite our financial situation, it was a good childhood. I learned to wrestle at the early age of eight until high school. I went to a private high school called Cathedral Prep in Erie, PA, where I played wrestling as a sport. I would say that my whole high school life is the most important and character-building years of my life. As a freshman, I earned a spot on the varsity wrestling team by beating out a senior. I did excellently on the varsity team, and all those time, my father and my coach were always behind me to share their wisdom about life and sportsmanship. Through their support, I received all the encouragement and motivation to do well at wrestling and I did.

Wrestling not only taught me how to win fair in all the events, but now that I am an adult trying to be successful, it also taught me about life. My father used to tell me that when things get hard, I always have to think positive and try to do my best. Through him I learned that positive thinking does not

equate to being blind on the realities of life, but instead, it implies seeing life with a positive outlook despite the many challenges it brings to us (Cherry). He often told me not to focus on the negative aspects of life. He also asserted that I should not ignore the negative sides, but see the redeeming factor of the situation. Bad things come with the good, but what makes the difference is how an individual approaches the issue and what he does after. I share the same sentiments as my father does, considering that even psychology experts also say positivity pertains to how an individual explains or interprets a situation (Cherry). If I lose a match, I ask myself where I did wrong and resolve to change it. I have seen my father fail several times, but all throughout his ordeals, a failure only keeps him stronger, better, and wiser. Presently, I may still be struggling to become a younger version of him, but surely, through his examples, I am able to address my own problems, as he always tells me to look for the lesson behind every failure. My father also said that when I do something, I have to ensure that I give my best shot in every endeavor. One day he told me, "What is the point of competing if you do not give your best, if you will just give your opponent an easy way to win? It does not matter if you lose, but at least, you did your best. Besides, you also owe it to your opponent to give him a good fight." Since then, this has been my mantra in everything I do - whether in sports or in academics, I ensure to give my best, knowing that one of the most important persons in my life believes in my capacity so much. Through him, I learned that with determination, anyone can reach his goal, because what keeps a man from achieving is his attitude and willpower to succeed (Davis). If my father pushes me to always be a better version of myself, on the other

hand is my wrestling coach who works with both my father and me in keeping me focused, motivated, and grounded especially since I have become an excellent wrestler in high school. Through my coach, I learned the value of having clarity of vision and purpose. He said that individuals become successful when they know what they want, have a plan, and execute the plan (McKay). Coach said that without having a clear picture of what exactly it is that I want to achieve as well as how I intend to carry out the plan, my goals will lack a sense of continuity. It is like telling the universe that I do not know what I want, thus, the universe will respond in confusion. As a result, I will only attract uncertainty and disorder in my life (“ Personal Goal Setting”). Because this is what I don’t want to happen, my coach guided me through high school, not only in sports but academically as well.

Another thing about my coach is that he is white. I am black. But his dedication and love for his students did not know any color. In him I learned to appreciate that love transcends color and race. He showed me there is a place for me in his life and that no cultural or racial difference separates us. The way he treated me and my family showed he knows how to respect people and in doing so, he has earned my respect to this day. Because of him, I have learned to appreciate other nationalities as well. I recognize that differences make life more interesting and anyone should learn to embrace diversity because it provides people a glimpse of another person’s traditions and beliefs. If I was once wary of other culture for fear of being ostracized, my coach erased all fears as I saw him as a warm and loving individual who did not see color as a hindrance to developing lasting relationships with other people. I no longer go to the same high school, but he remains a good

friend until now.

I did get a good education from my high school, too. Dad and my coach showed that they cared about my success. They often told me to work hard and it will pay off someday. I had their back, I know, and I trusted them. I had the chance to travel and see the brighter side of life. I joined tournaments that took me to various towns and states - travel opportunities that only became a reality because of our commitment to each other. As they both worked to make me a good athlete, they also ensured that I grow up respectful and ready for the world - a fine, young gentleman, as old ladies would say.

All the success and how I am now as an individual, I attribute to my father and my coach. The lessons they imparted not only through words, but more importantly through their actions, created such a great impact on me that I use them as my moral compass before I embark on new endeavors. I think first if my actions would coincide with theirs had they been in my shoes. Luckily, my mentors have been inspirational and instrumental in my becoming a good and god-fearing individual. The lessons they imparted about success, determination, goal-setting, and love are all deeply ingrained in my person, thus, these are the same life lessons I try to impart on others. Because my heroes helped me become a better person, I, too, will someday help someone reach their goals.

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