

Good example of a place where i am perfectly content personal statement

[Education](#), [Learning](#)



For me, it is an underground retreat, where the combined fragrances of iron and sweat and the steady background noises of human exertion give this place its unmistakable identity and character. It is a small weight training room located just a few paces from my home, in what others may see as just a small, run-of-the-mill gym facility. But to me, this place means so much more. It is where I learned the most valuable life lessons I know, and which still benefit me today. This rather ordinary basement gym was responsible for changing my life, and for shaping my character. Importantly, it is also the setting that ignited my passion for powerlifting.

I was just 14 when I first descended the stairs and passed through the doors of that gym. At first, I felt constantly intimidated by the bigger and stronger guys; in fact I was downright afraid. I was always known as “that extremely skinny kid”, and I hated it. Not only that, but it seemed that almost every day, people there would be pointing, and laughing at me for my attempts to lift weights. Those were tough times for me. I tried to ignore the teasing, but it was hurtful to say the least. I thought about giving up the gym several times, but then I invariably thought about the high probability that I would regret it, and would subsequently experience feelings of defeat. Instead, I resolved that I would not let anyone divert me from my goals, so I faced my fears and kept pushing myself in the gym. I am so glad now that I did not give up during those difficult times, otherwise I would have never have excelled in powerlifting, which became a passion.

The gym has become the only place where I feel deeply relaxed and content, even while I am pumping iron, because now that I have built muscle and can hold my own in powerlifting with anyone else there, I have a new sense of

confidence in myself as a person. In that gym I experience a mixture of emotions, but primarily a sense of pride in my achievements. And those same guys who once intimidated me now respect me for my abilities in the gym, and for my stronger character and outgoing personality. I have learned valuable life lessons there, in terms of determination, dedication, motivation, failure, and achievement. The moment I go down those stairs and in through the door, I feel good about myself and experience a calmness and contentment, like no place else.

I believe that as a result of persisting and ultimately succeeding in my objectives in the gym, I have become altogether a better person. Obviously it has helped me become physically fit, but it has also strengthened my character and enhanced my abilities in other ways. I have become more outgoing, more confident, more articulate, and have a strong sense of self-discipline. That shows through in my everyday life. I am much better at time management, for example. Having of necessity become accustomed to rising early on a regular basis, I have become a stickler for punctuality in my entire daily routine. I have also found that the increased confidence that has come with my powerlifting success has given me a similar confidence in my interpersonal relationships. That shy, skinny kid has been banished forever, and I feel quite comfortable in any environment.

Furthermore, having learned the hard lesson that success comes only through sustained effort, I find I am better able to focus on my academic studies, and can push aside distractions to meet deadlines and objectives. That gym has become my talisman, the key to the feeling that I can

overcome any obstacles and meet any challenge that life may throw my way.