

What have you done  
today to make you  
feel proud?

[Family](#)



What Have You Done Today to Make You Feel Proud? By: Christine

Hassler (View Profile) " I'm proud of you. " Aren't those words nice to hear?

Growing up it is probably one of the things we wanted to hear most from our parents. And as we have grown up and bought into insecurities along the way, it is natural to want the known approval and acknowledgment from

others, especially those we love or aim to please. But striving to make

another proud can sometimes steer us off course from our own purpose. And

consistently yearning for a pat on a back from someone else reinforces

relying on external validation to feel better about ourselves, perpetuating a

consciousness of taking rather than creating. Via [http://www. divinecaroline.com/22188/81055-done-today-make-proud#ixzz2KBS4DLeB](http://www.divinecaroline.com/22188/81055-done-today-make-proud#ixzz2KBS4DLeB)

My graduation

day ----- Top of Form Bottom of Form On

Saturday the 10th October 2009 I got up very early to make my way to the

Burlington Hotel in Dublin, where I was graduating. I received a Diploma in

Special Needs. I was excited but very nervous and anxious. I brought three of

my family members up with me to enjoy the special day together. I am the

first one of my family to graduate by wearing the hat and gown. My mother,

father and my sisters were especially proud of me. It was a tremendous

feeling to get and receive my cert. There were about one thousand people

there. The ceremony took about two hours. On my return home there was a

surprise party with family and friends arranged for me. This was being

planned secretly. It was a fantastic night. It went on to the early hours. This

was one of the best days of my life. [http://www. astorywithmeinit.](http://www.astorywithmeinit.ie/stories/families-and-friends/64-my-graduation-day.html)

[ie/stories/families-and-friends/64-my-graduation-day. html](http://www.astorywithmeinit.ie/stories/families-and-friends/64-my-graduation-day.html) Graduation Day

April 25, 2011 | Private Joshua Hernandez I can still remember that feeling I

first had that morning when I woke up. I was excited. All the hard work

<https://assignbuster.com/what-have-you-done-today-to-make-you-feel-proud/>

accumulating into this one day. I remember the first thing I did was reach for my phone. I was going to be gone in the next few hours and I wanted to make sure I had everything ready to go. I noticed that I had a message. It was from my brother. He was explaining that He and the family had to go back home. My Grand Father had passed away the night before. It hit me hard. I tried to stay strong. I didn't want to break down in front of everyone. I maintained my composure for almost all of three minutes before the memories hit. After that I had to break down. I cried hard all that morning. It was tough going through that graduation with my Grandfather on my mind. Afterward I saw a few of my friends. I wanted to spend hours with them. To be with people that I knew. However time would not allow that. So I spent almost all of two minutes. I said goodbye and turned around and walked away. It was one of the hardest things I had to do in a long time; Harder than anything I did in basic training. I knew that would be the last time I see them in months. It's been a little over a month now. I feel better about everything. Although I still have get used to everything.