

Team name: No.1

User name: Becky Liu

School name: Hamden Hall Country Day School

-Reflecting on the video:

I really like today's topic because it reminds me how important self-love is. Loving ourselves means to take care of ourselves physically and mentally. I find myself always forget how important I am in my daily life: I blame myself for not being self-disciplined enough, and I blame myself when I am too tired to run 5k.....After reviewing the video and infographic, I realized that prioritizing our feelings can make life become much more better than before. After that, we can feel free to make contributions to this society. Sometimes luxury goods and praise from others do not contribute to true happiness. True happiness means contributing to the society with our own efforts, and making this society a better place with daily actions.

-Five ways they made positive contributions to my life

- My mom can choose to use her money for herself. She can buy a lot of things: a big house, a renowned car, expensive clothes.....But she chooses not to. She chooses to support my academic career by spending money so that I can study abroad. Studying in the USA expands my horizons and lets me know about different parts of the world. I know the friends with different cultures and started to love running cross country. All those things are impossible to happen without my mom.
- She bears my mistakes. When she was young, she experienced domestic abuse: After her parents left her in the house after fighting with each other, she promised to herself that she will never let her future child be left alone. Therefore, even though I did something really annoying at some point in my life, she will always be patient to me and never be mad at me.
- She gives me emotional support. I was diagnosed with minor depression last year, which makes her feel depressed and wants to make me feel happy. She said I can call her at any time and tell her whatever I find struggling so that she can offer her advice and give me support. She never cares about my grades, and tells me to not care about the grades so much as it will make me stressed.
- My mom supports my extracurricular as best as she could. When I say I want to learn piano, she finds a teacher for me. When I say I want to learn guitar as well, she buys me one immediately. Everytime time I have a school performance in China, my parents will travel a long distance to see me perform.
- Both my parents are professors. They always tell me some good insights they have gained from life. They send me different articles and videos that benefit my cognitive development and help me to figure out what is the most important thing in life. They recommend books to me that help me with personal development as well.

-What we feel after I read this letter:

My mom is really moved. As a traditional Chinese family, we don't usually express our feelings in words. Expressing those feelings out makes my mother feel that her efforts for this family are valued. She said that by doing this, we have a deeper connection, and she also tells me that I am worthy of being loved. For myself, I feel happy that by writing a letter to my mom, I can make her reflect on her own pathway and feel proud of herself. I also realized that I might ignore what a fantastic person my mom is if I don't write this letter. This reminds me that I need to pay attention to people around me and appreciate them for giving me care. I am motivated to be a better daughter that deserves such a fantastic mom.

Dear mom,

Hi!!! I am Becky!! I just telephone you yesterday Haha but today I want to write a letter to show how fantastic you are! You always support me and my father altruistically. Even though we two have bad habits, you bear with us and tell us the right thing to do again and again. You are never mad at us. You have a strong heart that can bear anything happened in life without complaining. You are also sensitive and vulnerable, but you prefer not to show that. You digest all the emotions by yourself. You always encourage me to share my stories and emotions with you, and hopefully you can do the same to me in future!

I also appreciate you for spending so much money for me to study abroad. You can choose to spend this money for other things that make your life better, but you choose not to. I have become a better person due to the education I had in USA. I start to run cross country, I become more open-minded, I meet a lot of fantastic teachers and friends on my way..... Those things cannot happen without you.

You are willing to accept every side of me. Sometimes I criticize myself and not be able to accept my flaws. It is you that keep telling me I am a great person and help me to pick up my confidence. I begin to love myself more because of your encouragement. Everybody tell me I did better job at managing my stress and social relationship now. It is hard to do so without you!

At the end of this letter, I want to say thank you so much! I love you forever and hope you can be healthy and happy forever!

-Becky Liu

