

lives. One bad decision may cause a lot of heartache, but it also enables us to learn and grow from our mistakes. For example, this year I hurt my knee just before our last, and most important, soccer game. I couldn't play the game, which hurt a lot more than my knee, but the experience wasn't all bad. I learned that sports aren't everything, and as a "jock" I had a hard time understanding that. In the end though, I learned a valuable lesson.

"Keep your eyes on the sun and you won't see the shadows" is a strong and inspirational quote. It may mean many different things for many different people, however, for me it means to be optimistic. It means that some good can always come from some bad luck, and that you need to find the strength within yourself to see it.