[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

**Journal Entry**

Resiliency is a powerful force and competence to confront grave challenges in life and remain persevered. In my life, I came across several adversities that caused me to suffer emotionally and financially. These instances require a person to face them heartedly and establish a fearless and motivated attitude. I shall advance to deliberate two instances where I reflected and resiliency in addition to a where a peer expressed the similar behavior. In high school, I came across a student in the classroom who belonged from China. His family had recently migrated from China and thus he had extremely poor language skills. He was faced with not only the embarrassment of not being able to speak fluently in English but also with the bashment and bullying of other peers. I thought he would not be able to continue his studies and may leave the school. However, the events that unfolded took me with surprise and later that peer became my ultimate source of motivation and strength.

None was aware of the resilience possesses by Xing. He always responded to the harsh attitude with a bright smile on his face as if it urged him to confront the challenge potentially. In a span of three months, Xing inspired everyone with remarkable language skills. His diction and vocabulary of English were much better than me. The peers who used to embarrass him were ultimately ashamed and advanced to inspire the resilient intent of Xing. This is an explicit illustration of depicting resilience in critical circumstances and bouncing back to conquer fears and adversities.

To highlight the personal experiences, I was once in my high school faced with an unfortunate condition. A teacher would rely on nepotism to treat, address and grade students. I was always faced with an embarrassing situation when I used to ask questions in the class. He used to respond as is the sun rising or setting or I cannot believe what my ears are hearing. Afterward, the whole class would become excited which resulted in a huge laugh or rather an abashment. I utilized each technique as staying quite, skipping lectures, being utterly modest and answering his questions in the class. The moment when I received poor grades in a test wherein I prepared and delivered quality caused me to become distressed and mournful. Besides, parents deemed I was guilty as I had not prepared for the test. They put strict restrictions on me to go outside with friends and I was essentially locked inside the home after my return from the school. However, the unfortunate incident sparked motivation in me to remain resilient and leave no stone unturned to accomplish quality grades in the final exam. On the day the result of the final exam was announced, I managed to attain 80% marks in that subject. After viewing the result, I became proud and felt as if I bear the resilient traits to confront adversities.

The other instance where I remained resilient is pertinent to a scam. I once invested online with my savings that proved to be a scam later on. I had lost all my savings and pocket money. The failure and incompetency prevented me from sharing it with parents and thus had to spend three months on scarce money. Though my parents used to support me, yet I had lost the savings collected in a year. That scam shooked me and made me depressed. However, I deemed it a learning opportunity instead of repenting over the loss. I can profoundly claim I never told my parents and peers and was committed to making up the loss by saving again and managing spendings. I accomplished my goal and bounced backed from the challenging times confidently and thoroughly.