

As pertaining to my college and career aspirations, the Covid-19 pandemic helped me to learn the value in myself and how to truly find that and use it to my advantage, in ways I had never realized before. It gave me so much time with myself that I was able to have lots of time to just reflect and think about who I truly am, and what I can be capable of if I devote myself. I learned how to truly have confidence in myself and have a belief in myself that I have the strongest will out of everyone around me and with this weapon no one around me can stop me. This helped me tremendously on the baseball field because in my first couple years confidence was something I struggled with. Although my talent was there, I never truly was able to show it because of a lack of confidence in myself and the inability to block out negative thoughts, nerves, and distractions, which translated into poorer performance. I learned that when I am able to focus both on the field in games, but more importantly in practice and in my workouts outside of real games, and really push myself beyond the previous limits I thought I had, no one would be able to beat me and I can always be the best player out there. Being an aspiring college athlete, this change in mentality was critical to my success later in high school that eventually led to me receiving offers to play at the next level.

This translated to essentially every other aspect of my life as well. I learned how to give myself credit for achievements, instead of always thinking I wasn't doing enough, and I learned how to carry myself in a manner that even when something is not going my way that I am strong enough to brush it off and come back even stronger to face anything my life throws at me. As for my career aspirations, I want to be able to spread this with others, especially people like me who are young kids that grow up putting themselves under insane amounts of pressure to the point where it tears them down. I am planning on majoring in psychology next year and want to be some sort of physical therapist or trainer where I can be around athletes like myself and stay in the world of sports, while also being able to have real conversations with these people and spread this same message to them, that the power of the mind, although it is such a simple concept, can take you farther than anyone could ever imagine.