

Professional Career Development – BMSW4012

Reflection homework

1. Who has had the greatest positive impact on your personal growth, and what qualities did they demonstrate that influenced you? **(300 words)**

Who has helped me the most in my life is my dad and my mother my dad helped me alot to become a strong man as am older now he taught me about respect how to earn the respect from people and how to be a strong man my mother always gives me the unconditional love and support she used to tell me when i get older life will be harder that no matter what comes in my way i have to handle it as a man and as a man that i am today i dont go to other people and speak about my problems that i have in my life i know if i do come up to my parents to my mother or to my dad they will help me with anything but ive been like that since a kid ive listened to my dads advice and no matter how hard it is i try to handle it the strength and mindset that i have now am proud of it as us men we have to be strong and independet we are the leaders we have to be the ones who are going to solve the problems no matter what situations we are in there is times where is hard and i get angry sometimes i react differently i speak different but at the end of the day i try to calm my self down and i try to remember what my dad has told me and i did sort it out every situation that i was in and every problem i faced. And am happy about that because of my dad and what he taught me and showed me since I was a kid. It has changed me a lot and my mindset so yeah they were the ones that helped me a lot.

2. Reflect on a decision you made recently — would you make the same choice again? Why or why not? **(300 words)**

A recent decision I made was to handle a difficult situation in my life on my own instead of going to other people for help. There was a problem I was facing with work and some personal stress but I remembered what my dad had taught me about being strong and independent. I chose to stay calm think carefully and solve it myself without complaining to others. If I had the chance I would make the same decision again. Even though it was hard it made me feel proud and showed me that I could handle things on my own like my dad always told me. It gave me confidence and helped me grow as a man. I know that if things ever get too hard I can always turn to my parents but I want to keep learning how to face challenges myself first. This decision reminded me of the values my parents taught me strength respect and responsibility. That's why I wouldn't change it

So I decided to face it all by myself. It wasn't easy at all. I had days where I felt like everything was going wrong and I was close to breaking But I stayed calm kept to myself and reminded myself of everything my dad taught me. Since I was 16 or 17 my dad has taught me everything that I needed to know and now as a grown it was a good lesson the hard times I went through and I remembered what my dad told me have changed my mindset and built my character at the same time it has changed my life It gave

me more confidence and reminded me that I can push through hard times without running to people That decision helped shape me more into the man I'm trying to be.

3. Describe a personal strength you are proud of — how has it helped you in a challenging situation? **(300 words)** **One personal strength I'm proud of is staying calm in difficult situations** I wasn't always like this but over time and especially because of what my dad taught me I learned to keep control of my emotions When life gets hard and stressful or when I'm under pressure I don't panic or overreact I take a step back breathe and try to think clearly. Staying calm helped me think differently and not make things worse. I handled it quietly on my own and at the end of it I felt proud. That moment showed me that I've grown and that I can control how I react. It's a strength that keeps helping me every time life gets tough. This strength helped me a lot when I was dealing with personal stress not long ago. I had a lot going on with family stuff and work stress my relationship and things weren't going my way. I felt angry and overwhelmed. Before I would've maybe reacted badly or argued with people but this time I stayed calm. I

remembered what my dad always said as a man you have to keep it together and solve your problems with a clear mind. That's exactly what I did. That was the best advice I've got in my life from my dad because when you can control the way you speak and think everything becomes easier with a clear mind. Everything can be sorted the right way i won't make bad decisions if I can control my emotions and with a clear mind am proud of it. Everything just changed for me when I took that advice from my dad. I've started thinking before reacting and now I handle things much better. It gave me more peace and I've noticed how people respect me more too.

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