The main topic of my exploration would be how lifestyles can alter. Throughout the course of my research, I did come across people who had been impacted by something. Change can be challenging at times, but it's generates a positive outcome.
KEY THOUGHTS

- Examining other individuals' perspectives on their own life
- Having something valuable to look forward to as motivation
- Obstacles put in life sometimes change the way of living but always try making the best out of it.
THE WORLD AFTER COVID-19

"While kids missed some schooling, many gained something that will prove more valuable" (2). Quote on an article by Erica Orange describing how the world underwent significant changes following the pandemic. For example, becoming technologically fluent after time spent in online school rather than not being able to make the best out of the situation.

EXECUTIVE REPORT #1: MULTIPLE INTELLIGENCES

“Each person has a unique spectrum of intellectual strengths and weaknesses”(1). Stated Howard Gardner after having to discover his own strengths from a rough childhood to influencing change and motivation for others’ futures.

EXECUTIVE REPORT #2: EDUCATION

“To help kids engage in such reflection, we have to work with them rather than doing things to them” (1). Kohn focuses on creating methods in which students can engage more in their learning without having to interfere with punishment. Perhaps witnessing different situations in which students are placed gives Kohn a different perspective to improve education and influence for the better.
EXECUTIVE REPORT #3: REGRET

“We are much more likely to regret the chances we didn't take than the chances we did, especially as we age” (1). Discovering an interview by Daniel Pink about regrets was reassuring to know that mistakes can teach you valuable lessons and that it's acceptable to make mistakes occasionally as long as you learn from them. You can also grow from your regrets by creating memorable experiences that shape your growth mindset.

EXECUTIVE REPORT #5: CHANGE

I developed a questionnaire to conduct in-person interviews based on my findings. I was interested in learning more about their life changes and behaviors. All interviewees have been influenced by their families in which they are motivated to change and do better every day. For example, having, “a hardworking [role model that demonstrates] that if we put our mind to something and advocate for what [we] want [we] will have a chance...” said one interviewee clarifying their source of motivation every day.
ENDING THOUGHTS

At the beginning, I was very close-minded on how others would react to change and getting through obstacles in life. I've developed a deeper understanding of both the individuals in my immediate environment and authors worldwide from this exploration. Including how diverse others' lives are from mine and other perspectives on their own situations. From a whole pandemic to a specific moment in their life, they've still managed to keep going and even teach others methods of improvement in their own lives. As a result, I gained insight to their life including new skills. Therefore it's inspiring that others strive to become better and contribute to the world to improve as a whole.

J.V. Personal interview. 7 November 2023.

