

English Composition Test S1-D3-B

General English Composition

Name

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Talk about one of your great qualities that others don't always appreciate.

The great quality that I have is I am very passionate with my dreams. People tend to see me as ambitious or a dreamer. I gain strength everytime I am able to do my passion which is dancing. I see it as another way of relieving stress and also as a therapy. I see it as an expression and an escape from reality. Passionate people are hardworking people. You can see the light in them if you just let them. It takes courage to be passionate in whatever you do. You can easily find Happiness if you are passionate even on small things. It saddens me everytime I see a person not being passionate. I find it cruel, not for me but for them. Passionate people can be mistaken as sensitive but there is nothing wrong with that. The world right now is cruel enough for us not to be passionate, not to dream and not to be kind.

Which would you choose --- a fit body or a fit mind?

I was born chubby but it was never my desire to be fit. A fit mind for me is greater than a fit body for the reason that Gym, Sports and Workout exist. Mind for me controls everything. It controls your actions, your words and could control your emotions. It is harder to attain a fit mind than a fit body. I went to the gym a few months ago but it never changed how I think about myself but meditation does. If you change your mindset, you can change everything. Mental health is serious and it should not be taken for granted. So clear your mind and think fit. Law of Attraction, whatever thoughts you put in your mind, it will come. A body, fit or not is still beautiful; but a fit mind is stunning.