

**Title: English Composition Test**  
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**What accomplishment makes you most proud?**

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The accomplishment I achieved that I am most proud of was to be able to finance my four siblings' education. I stopped going to college due to financial constraints on 2014. On that same year, I saw how much our family was struggling so I decided to find a job and thankfully I was hired by Panasiatic Solutions Inc. I worked there as a customer service representative for more than five years and through that, I was able to help with our family's finances. I was in-charged of handling the food and educational expenses.

Currently, both of my brothers are already senior high school graduates and they will be going to college soon. I may have not been able to finish my studies, but I am already content that my siblings will be able to do so. Another reason why I find this my greatest achievement as of date is because I have been able to lift my parents's burden. I know I will be able to achieve more in the future and I will make sure to always include my family in those things.

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

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I believe that how the mind and body functions are correlated to each other. For me, having a fit body doesn't outweigh the need to have a fit mind nor vice versa. Both of them is important because one doesn't or will not function properly without the other. It is like a boat without a rudder.

It is vital to have a fit body in order to avoid contracting diseases and to stay healthy however, it wouldn't matter if the mind is unhealthy. Mental illnesses are rampant nowadays and it doesn't just affect the mind. It also affects the overall productivity and function of an individual. If a person is mentally unstable, the body gets affected too because of lack of sleep and appetite. It also causes paranoia to some and because of that, a person may stop doing all physical activities that may trigger it.

It is true that what the mind can perceive, the body can achieve, since they work hand-in-hand and you cannot just choose one over the other. It is important to have both a fit body and a fit mind in order to be productive and continue in facing the trials in life.