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## ***A New Chapter In My Life***

I never thought this transition would be difficult. The new environment, people, feelings and overall change. I often think about how things used to be. As well as how they will be in the future. However I have come to realise that I am not living in the real world if I keep focusing on the past and the future rather than the present. I can not worry about what happened in the past if I can not change it. On the other hand what I can do is learn from it and move on. I have also learned that although individuals may have certain goals. It is those individuals who do not enjoy the process of getting to the point and stress over what has not yet happened. Having come across these new ideas I have decided to take them into action in my daily life. It has become very important to take these practices into a lifestyle since I will be entering the first year of college and dorming. I will be away from home, relatives, close friends and will be introduced into an environment I am not used to. I will enjoy every single minute of my summer days as I will be entering a new chapter in my life.

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