

Describe a positive change in your life - Model answer 1

Introduction

In this modern epoch, positivity is mandatory to lead our lives toward attractive growth.

What was the change? and When did it happen?

In the past, I went through a change that made my life better. Earlier, I was going to think about the past and future and make different plans. It caused me stress, anxiety and worriness. I learned one principle called mindfulness. It says that people should work on making the present better instead of thinking about the past and the future. It happened one year back.

How did it happen?

It occurred when I watched a YouTube video of Mr. Sandeep Maheshwari, who is a well-known motivational speaker. After listening to him, I figured out what was wrong with my thoughts. Before I saw that video, I thought that we should always think about the future when making decisions. I also used to think about the past too much. Because of this, I paid very little attention to the present. And, now, I got to work on my present with determination, discipline, and hard work.

And explain why it was a positive change ?

It was a good change because it changed the way I thought and how I did things. For a long time, I thought a lot about the mistakes I had made in the past. For a good life, you need to be able to forget and forgive. Also, it has taught me not to put too much weight on the future since it is always uncertain. We have no idea what life will be like in five years. What kinds of technology would there be? Or what kind of chance would we have? So, our main goal should always be to make our current lives better.

Conclusion

In conclusion, the mindfulness principle has taught me that the past is over and will never come back. And we never know what will happen next. So, the best option to do is to focus on what we have right now, which is what is present.

Describe a positive change in your life - Model answer 2

Introduction

Changes are necessary as they help us to experience success in our lives.

What was the change?

A few years ago, something good happened in my life.

When did it happen?

Three years ago, I had a tough time in my life and failed at many things.

How did it happen?

At that time, one of my friends suggested that I read a book called "The Compound Effect." I did what my best friend told me to do and started reading the book with determination, discipline, and dedication. The ideas in the book caused me to change the way I thought, and in just one month, my personality changed in a big way. The lessons in the book made me a more optimistic person.

And explain why it was a positive change.

After reading the first two chapters, I figured out that I failed because I gave up on tasks in the middle. The book says that we should take small steps every day to accomplish big things in life. We have to keep working hard if we want our lives to go in an impressive direction. On the other hand, we are likely to fail if we don't try hard enough or if we stop doing the tasks in the middle. From that day, I started working hard every day and never gave up. After some time, I noticed a positive change in my productivity.

Conclusion

I've become an optimistic person who sticks to a strict routine to make a name for myself.

Describe a positive change in your life - Model answer 3

Introduction

Even though my life has changed a lot, one of those changes has had a big effect on me.

What was the change?

The change was to prevent watching TV and start reading books.

When did it happen?

I promised myself a few years ago that I would stop watching TV and start reading books instead.

How did it happen?

During that time, despite my desire, focus, and discipline, I wasn't receiving results. I called Abraham, who always offers me honest advice, to get out of the mess. He urged me to switch my undesirable behavior to be successful. He knew that I watched TV 7 to 8 hours a day. He suggested I should read books or novels instead of watching TV. And I followed that. Firstly, I had some troubles in getting into reading books, but, slowly I became a bibliophile.

And explain why it was a positive change.?

It was a beneficial transition since it resulted in a shift in my life's paradigm. I began using the time I spent viewing lousy television programming to gain information by reading books. Within two months, I was able to handle confrontations with ease.

Conclusion

This adaptation has encouraged me to steer my life to an extraordinary life track.

Describe a positive change in your life - Model answer 4

Introduction

We all experience changes at some time. Some of these modifications may go unnoticed, while others might bring great improvements to our lives.

What was the change?

I witnessed radical changes in my physique by reducing 15 kg in four months.

When did it happen?

Due to the covid 19 pandemic, the entire world was in upheaval at the start of the year 2020. Due to the lockdown, I was forced to remain at home during that time. Suddenly, I went from being a busy person to a free one. I decided to drop weight to enhance my personality at that time.

How did it happen?

To lose the excess fat on my body, I did internet research. I determined that I needed to concentrate on my food for weight loss because it is intuitively accurate that exercise contributes just twenty percent to weight loss. By controlling our food, we can quickly reduce weight. To attain my objective, I practised intermittent fasting by eating all of my meals between 9 a.m. and 6 p.m. Due to this, I fasted for fifteen hours every day. This modified plan worked like a charm for me, and in four months I achieved the desired result.

And explain why it was a positive change.?

I considered it as a positive one because after losing weight, my personality had embellished.

Conclusion

After that, many people including ones who were bullying me for my body had started praising me.

Describe a positive change in your life - Model answer 5

Introduction

Change is a necessary component of life. Parents, educators, and media personalities influence us to change our lives and become better people.

What was the change?

Here I am going to talk about a noteworthy transformation that happened in my life.

When did it happen?

My parents and friends have always wished for me to be punctual because I am a hopeless idealist who has never taken many things seriously. Last year, during my final semester, I engaged in video gaming and partied with friends instead of focusing on my studies.

How did it happen?

This led to poor academic performance. My tutor advised me to just maintain punctuality in my studies and extracurricular activities. I heeded his advice and gave up all bad habits and began studying. As I maintained a more active lifestyle, my health and academic performance improved, and I received good exam scores.

And explain why it was a positive change.?

This was a very great transition because it heightened my understanding of my future opportunities.

Conclusion

Now that I am aware of the time I have wasted, I am motivated to accomplish things in my life.