**Excelsior**

 **Excelsior is the Latin word for “ever upward.” This word really motivates me to focus more on the positive things in life. Some days I feel like nothing is going right, but I have to remind myself to find the good things, even if it’s something simple. If all I think is negative thoughts, then I will have a negative outcome on life. Having a positive attitude leads to a positive day, which leads to a positive life.**

**Ambitious**

**Ambitious is to be eagerly desirous of achieving or obtaining success, power, wealth, or a specific goal. I chose ambitious because I am very athletic. Whether it’s on the court or on the field, I push myself hard and strive for a win. I will never settle for less and know I can always get better. Besides sports, I also have an ambition to become a Nurse or a Doctor. I think it is important to be ambitious because it gives you something to look forward to achieving.**

**Dedication**

**Committing yourself to an action is called dedication. I am very dedicated to the sports I play. I rarely miss practice and attend every game. I put sports before friends. I don’t join a team without giving 110% at all times. As well as dedicating myself to sports, I dedicate myself to my academics. While sports come before friends, school comes before both. I make sure all of my homework is completed on time and study for any tests that are coming up.**

*“You miss 100% of the shots you don’t take.”-Wayne Gretzky*