

This week, I decided to challenge myself and do something I have never done before: run five kilometers without stopping. The first few minutes felt easy, but after that, my legs started to feel heavy and tired. Even so, I kept going by thinking about my favorite music and constantly telling myself that I could do it. At one point, I really wanted to give up and start walking, but then I saw the finish line—which was the big tree in the park—and I ran as fast as I could toward it. When I finally stopped, I was completely out of breath, but I felt like a champion. I had achieved my goal, and that experience taught me that I can do hard things if I truly try.

**Writing activities**

Think about a time when you challenged yourself to do something hard. It could be physical (like running, jumping rope, or climbing), academic (like studying for a difficult test), or personal (like being brave or trying something new) and write about it.

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