

Hidden Discovery

By Elizabeth Kotin

My Success Story is not about something physically visible, but it has molded me and changed me into a motivated, driven person. Ever since I was about thirteen, I have been a little overweight, but before that age I was a normal, thin weight. There were many obstacles along the way as I tried different tactics to lose weight, but I really never thought that I would learn so much more deeper things instead of just losing weight. I gained a lot of wisdom about eating healthy and different types of ways to work out. Overall, I would say that it has been a challenging aspect in my life and I have not made it to my goal weight. But I know that this challenge in my life is here for a reason and that I can use it in a positive/productive way.

The beginning of this whole processes of me trying to mainly lose weight, but also become healthier and exercise more regularly was difficult. I had a few people teasing me about my weight and how I looked, which discouraged me in a lot of ways. My mom was a big influence in helping me through all of the struggles that went along with trying to lose weight(she is a psychologist and main focus was helping women lose weight). During this time, I was in junior high and I was always very physically active, but that did not seem to be the only element to keep being thin. I was not eating well, I would eat fast food and not drink enough water. As I tired to change this habits I slowly saw incredible things, such as, I had more energy, I was happier and I got into better shape. As I entered high school, I wanted to join the girl's varsity basketball team and I wanted to be a great player. I was very motivated, I was able to make the team and it did help me lose a little weight, but not enough. I was very frustrated with my body, but I was determined to figure out how to lose my excess weight. My freshmen year I was on both my school's basketball team and a select soccer team. Though, I loved playing sports I still was losing minimal weight and I finally asked my mom what I should I do. My mother and I went to different weight loss places and they did work for a while, but then I got stuck on this plateau where I would just stop losing weight. This whole process was very annoying and never ending to me for a long time.

As I look back on this journey and struggle of trying to lose weight, I have realized that it really is not all about my body and how I should look. I learned a few things in this experience. First, I learned that it is about discovering who I am as a person and that part of this journey is not found yet but I know that I will get there one day. I also have attained many things in this process, because I had to change a lot of things in my diets, I learned about food and how it effects me. Third, I learned that one must work hard to achieve their goals, that it will not come automatically to you. Fourth, "everything happens for a reason," this quote is very true and I stand by the fact that this struggle is here for a good reason. One of those reasons is that I want to become a psychologist(minor in nutrition) and help women who have weight problems, because it is extremely difficult to live in this world for women who are overweight. The progress for me is not measured in how much weight that I have lost, but in how I've grown in many different ways as a person.

In the end, going through all of the pain of not losing weight and trying with all my heart, I developed compassion for others and not to judge someone just on the exterior. As the saying goes, “don’t judge a book by its cover,” this struggle has taught me just that and I am thankful to know that because at my age people tend to mainly look at looks. This whole experience will help me in school because it shows that there is not just one solution for everything, but that you need to research and figure out the solution by really getting into it. This will definitely help me in life, because all of the struggles and waiting for my weight to drop I learned patience and discovering how I handle tough situations. At the beginning of the experience I would of said that I hated that I was over weight, but after a few years it really has helped me grow in many ways.

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