

When I was young I was very **shy** and that put me in hard situations cause a lot of **insecurities in my relationships**, and I was ending up being with girls I wasn't really interested in. That **made me sad and impacted my self value and self esteem**.

When I was young my **grandfather died** and he was very close to me. That hurt me a lot. He had very **unique personality**, and I loved to spend time with him. Later in life I didn't meet many people who made so big impact in my life. **It was great loss** and I was grieving from that loss for a long time.

I was **growing up in poor family** so **I feel sad that I couldn't afford to travel** over the world, buy brand clothes, go for holidays every year or even get some nice food every day. **My parents tend to say always that there is no money so I grow up, believing that I can't have things other people have**.

It makes me really sad cause I had that time many dreams and I want to be able to live life similar to life my friends used to have.

In my life people expect from me a lot, there was constant pressure but no appraisal for quality effort. **My work was commented in worst way by my family. Being surrounded by pessimistic never happy people made me always sad**.

Based on the story we can learn that for this person maybe important

To be:

Confident, (was shy before, and that impact his life in a great way),

Be around people who are quite unique make great impact in this person life (loss of Grandfather and missing of great relation)

Have money to fulfil his dreams and feel that he can afford happy lifestyle not limiting himself (story that he could never afford lifestyle he wanted to live)

Be around positive happy people (story about not supportive family)

Once you will have more example from your life. Moments which were really sad, by doing similar activity like one from example we can learn what really matters to us and following our true desires transform our life, changing things that really matter to us.