

English:

I once faced a time when I was playing football in the playground with my friends. I was not playing very well and I was conceding fouls and doing everything wrong. This did not make me very happy. I walked away from the game and gave up, sitting on a bench, coming off the field. My feelings were shown in my face and my posture.

One of my friends came to talk to me, to see if I would come and play. I was resistant and thought that if I went and played again, I would just feel worse about myself. My friend talked some sense into me and I decided that I would go and play. I was really happy that I did go and play because it made me feel really happy! A smile grew and grew on my face until I scored!

In order for me to play, I had to believe in myself, which I struggle with. This was probably the biggest obstacle I faced that day. As well as this, I had to defend my goal before I could go on to score. Finally, the largest obstacle I faced was to make the decision to play and not to be sitting on a bench, lonely, all by myself.