

## **My End of Year Reflection July 2024**

Sometimes we need others to speak what they see in us because we don't truly see it within ourselves. Before Cherry Tree, I never saw my own potential. I saw my past, my wounds, all the stories and the narratives life had placed inside of my mind. I saw my anxiety and my overthinking, or the way I cared so deeply as if it was a weakness within me. I saw all the things I had left to do, all the things around me that others could do that I never thought I would be capable of doing. I completely lost myself after 3 to 4 years moving from primary to secondary. The fear from certain traumas stuck with me throughout childhood and grew as I grew. In my later years it turned into self-destructive unmanaged anxiety that ruled my life. Until now.

Cherry Tree reminded me that I was deserving of everything I desired from life. That nothing in my past made me unworthy of my future. They guided me to see that there is beauty in working towards healing and growing. Change has been painful but it is necessary and I wouldn't have got through the difficult times in my journey if it weren't for Cherry Tree. Soo and Emma saved me.

Over the years at the school, I've learnt that you can't skip certain chapters in your life. I was given a choice: evolve or remain. I would have been faced with the same challenges, the same routine, the same storms, the same situations until I learnt to say no more, until I chose to want change. I've learnt to explore what lies outside of my comfort zone and I now choose to learn whenever life throws the opportunity at me.

I cannot begin to put into words the countless things Soo and Emma have done for me and my family. Thank you for everything.