



Our journey of growth

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At the end of my first year at university, I found myself overwhelmed by self-doubt since many of my friends had reached milestones – becoming tutors, starting a small business, or securing jobs straight out of uni. Seeing their progress made me proud of them, yet I questioned my own journey. Looking back on the past year, I wondered, “What have I accomplished?” This way of comparison made me feel like I was falling behind.

During this time, I also struggled with homesickness. I missed my parents deeply and even the little moments of comfort that I had taken for granted. I kept replaying thoughts of missed opportunities and an uncertain future. Emotions kept bottling up because I thought no one would understand, they might see me as overreacting.

One Sunday morning, feeling lost, I decided to go for a walk around Mawson Lakes with my aunt. She shared her journey of moving to Australia, going through ups and downs with no support. Her resilience and determination struck a chord with me. In that moment, I realised how fortunate I was. Instead of focusing on what I lacked, I started appreciating what I had.

Everyone walks on their own path, and there is no single definition of success. Comparing myself to others in a negative way only hindered my growth. Nevertheless, comparison can be positive when used as motivation for self-improvement. The comparison that truly matters is with yourself from the past. Looking back, I see that I have become a more mature, independent version of myself. I moved to a new country, met incredible people from diverse backgrounds. I learned to balance study and work, manage my schedule, care of myself, and even find time to enjoy life – whether through hanging out with friends, running errands, or cooking. These are achievements too, even without a title or recognition.

I recommend the following methods to maintain a positive mindset:

- » Optimism: Keep a positive outlook.
- » Big-heartedness: Be kind to yourself and others.
- » Gratitude: Appreciate every moment in life.
- » Comforting hugs: Physical comfort from your loved ones can be powerful.
- » Skincare: Taking care of yourself physically helps mentally too.
- » Being inspired: Surround yourself with motivation.
- » Stretching: Keep your body active to reduce stress.
- » Taking breaks: Avoid burnout by resting.
- » Small happiness: Find joy in the little things.

Every challenge you’ve been through, no matter how big or small, is shaping you into the person you are becoming.

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Big-heartedness



Skincare



Taking breaks