

## **Shae Barbieri**

### **I Believe in Strength**

Not physical strength, but inner strength. The ability to get through basically anything and when you get knocked down, to pick yourself back up and keep going. Even at times when a person thinks nothing can get better they still push right through it. When I think about inner strength, my mind instantly goes to my mother and everything she has overcome in her life.

My mom is the strongest woman I have ever met. I'm not just saying that because she is my mom, but because she has inner strength that exceeds any other person I have ever met. Having my dad die when my sister and I were so young meant my mom became our mother and our father figure. She does the work of a man just to support my sister and me as well as herself and I think that alone shows remarkable inner strength. Having my father pass away when I was so young was a life-changing experience for me as well, but it made me become a stronger person too because I had to grow up much faster than a lot of other kids my age.

I think that inner strength comes from having hardships and bad experiences as well as good ones. The good ones show you that fighting for something is always worth it. You push right through the bad times and see the light at the end of the darkest tunnels. Being 18 and having to go through everything I have, has made me who I am today and I don't think I would change that for anything. I think that finding the good in every bad situation makes it worth the fight to push through. In my Junior English class we had to read *7 Steps to Living at Your Full Potential* and my favorite quote was by Joel Osteen, "We may get knocked down on the outside, but the key to living in victory is to learn how to get up on the inside." I admire every person who has ever wanted to give up, but instead they stayed strong and pushed through it. It's not easy to have inner strength and I feel that it's one of my best characteristics because not everyone can go through everything I have been through and still be as tough as I am. This is because all the struggles that I have gone through made me into a stronger person by overcoming them.

I am not exactly sure where my life is going to take me, but I know

that no matter what happens, I have the strength inside of me to overcome it. I didn't come this far and overcome every bad thing that has happened to me just to give up now or when the going gets tough. I don't ever plan to give up either.