



# My Personal Project

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# What is my project

My Personal project is basically trying my best to start including activities in my daily life that will help me to gain a better outlook on Hong Kong and gain a stronger and more positive mindset with everything as I felt since covid hit, I haven't been able to do everything I wanted too and I have been so negative because of the amount of things that went wrong during those years (friends moving away, school becoming smaller, not getting to travel back to my home etc). I have realised that I spend so much of my free time just alone in my room on my phone or laptop, and I would like to start going out more and doing things that will help my personal growth. These activities should all be helpful, and my goal for the end of this is to continue doing these activities as much as possible as they allow me to get out more and do something good for me.

# Some Activities

**01** Boat trips- wake surfing

**05** GCD week

**02** Socializing with friends

**06** Yoga

**03** Journaling

**07** Exercise

**04** Self affirmations

**08** Spending time with my parents

# November calendar

| Monday                                 | Tuesday                                | Wednesday                              | Thursday                               | Friday                                 | Saturday                            | Sunday                  |
|--|--|--|--|--|-------------------------------------|-------------------------|
|  | 1<br>maths tutor                       | 2<br>Therapy                           | 3<br>PP<br>Boat trip                   | 4                                      | 5<br>PP<br>(Socialize with friends) | 6<br>PP<br>(journaling) |
| 7<br>Figure skating                    | 8<br>maths tutor                       | 9<br>PP (self affirmations)            | 10                                     | 11<br>PP                               | 12                                  | 13<br>PP<br>Boat trip   |
| 14<br>GCD week<br>PP- outdoor activity | 15<br>GCD week<br>PP- outdoor activity | 16<br>GCD week<br>PP- outdoor activity | 17<br>GCD week<br>PP- outdoor activity | 18<br>GCD week<br>PP- outdoor activity | 19                                  | 20                      |
| 21<br>Figure skating                   | 22<br>maths tutor                      | 23<br>Therapy<br>PP- Yoga              | 24                                     | 25                                     | 26<br>PP- Exercise                  | 27                      |
| 28<br>Figure skating                   | 29<br>maths tutor                      | 30<br>PP- Journaling                   |  |  |                                     |                         |



# December calendar

| Monday                                     | Tuesday                     | Wednesday                       | Thursday                              | Friday                           | Saturday                            | Sunday                        |
|--|-----------------------------|---------------------------------|---------------------------------------|----------------------------------|-------------------------------------|-------------------------------|
|  |                             |                                 | 1                                     | 2                                | 3<br>PP-<br>Brunch with<br>Mom      | 4<br>PP-<br>Walking my<br>dog |
| 5<br>Figure skating                        | 6<br>maths tutor            | 7<br>PP- Watching<br>the sunset | 8<br>PP- spending<br>time with my dog | 9                                | 10<br>PP- Reading                   | 11                            |
| 12<br>Figure skating<br>PP- Family<br>time | 13<br>maths tutor           | 14<br>PP- Run                   | 15                                    | 16<br>school ends                | 17<br>PP- campfire<br>with friends. | 18                            |
| 19   | 20<br>PP- Walking my<br>dog | 21                              | 22<br>PP- Run                         | 23<br>PP- Sunset on<br>the beach | 24                                  | 25                            |

## Nov 3rd boat trip ✓



Short clip



Today I went on a boat trip with my family and a friend. I spent several hours outside enjoying the view's and the fairly warm weather. I even got to swim in the ocean for awhile which forced me to stay off my phone for several hours. By the end of this trip I was exhausted and felt that I slept so much faster and better.

Happiness from the day- 8/10  
How much it helped- 8/10

I don't always get the chance to enjoy the Hong kong ocean so I am glad I had the opportunity today.

## Nov 5th Socialize with friends ✓



Today my friends and I went out and met with some friends outside of school. This was really nice as I don't get to see these people often and it was good to reconnect with them. We went and had dinner together and caught up.

Happiness from the day- 9/10  
How much it helped- 8/10

Although socializing with friends is something I do very often, I think going out places in Hong Kong is also a fun factor that increases my positivity as it forces me to see new fun places.

## Nov 6th Journaling ✓

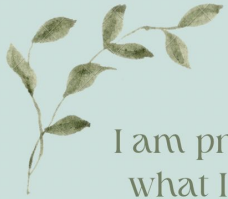
Here is a timelapse of me writing in my journal just about life. I try to update it every week, but I tend to forget a lot a I am hoping this project will remind me to write in it. I love wirirnt in my journal as it allows me to talk about things that I sometimes don't feel comfortable talking about to some people and I can be completely honest. I started this journal in February 2022, so i have a lot of writing that I hope I can look back on one day and read.

Happiness from the day- 6/10  
How much it helped- 9/10

This activity does not necessarily make me happier but it does allow me to let out feelings that I keep in which sometimes can be unhealthy so therefore it helps in a different way.

[Link to time lapse.](#)

# Nov 9th Self Affirmations ✓



I am proud of  
what I have  
overcome. I am  
strong

I appreciate the  
opportunities  
that I have.



I am enough.



I value and love  
the world I live  
in.



Here are some self affirmations that I created today. I used canva to make them. Each one states something that I want to feel and believe right now. This activity made me feel good as when I was creating each affirmation I had think about positive feelings that I have been thinking about these past few weeks and write down what is most important to me.

Happiness from the day- 7/10  
How much it helped- 8/10

Although I really really enjoyed this activity, I feel that it was quite short and didn't provide me with much. If I were to do this again, I would either add on by printing them out and sticking them somewhere I can see it everyday. Or stating my morning with creating them so I have them in my mind from the beginning.

# Nov 13th Boat Trip ✓



Today I went on a boat trip with just my family and some of their friends, I spent majority of the day sitting and enjoying the views, as well as wake surfing and relaxing. I want to get better at wake surfing as it's one of my favourite sports and I have the opportunity to do it, which not a lot of other do. Today allowed me to talk a lot to my family and enjoy the sunset because there was no reception and I couldn't use my phone, so I felt that I did a lot offline.

Happiness from the day- 7/10  
How much it helped- 9/10

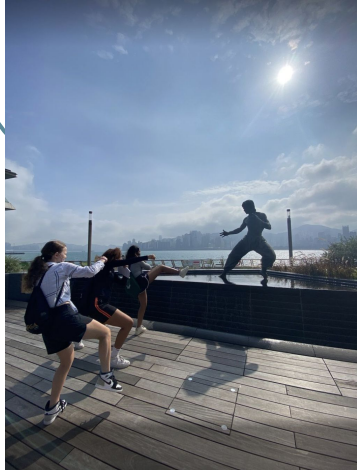
I really enjoy this activity as it forces me to do other things, and I always feel tired and relaxed afterwards which is one of my main goals for this project.

Short clip





# Nov 14th to 18th GCD Week ✓



This whole week I participated in the amazing race. This was basically a 5 day challenge where my group and I had to go to lots of different locations in Hong Kong and take photos there and try to win as many points as possible. I went to many places that I hadn't been before such as the space museum, Tai Po gardens and the butterfly valley, Shatin ten thousand buddhas (climbed all the stairs etc). I really enjoyed this as it allowed me to be independent and have fun while also exploring where I live.

Happiness from the week- 6/10  
How much it helped- 7/10

Although I did enjoy this opportunity, it was super tiring and I felt done after the week was over from all of the walking and public transportation that was used.

## Nov 23rd Yoga ✓



Time lapse of Yoga

Today was a hard day, and I felt really low and tired and I had no energy to be in a good mood. This is why I wanted to try something to help relax me and get me out of that feeling. I haven't done much yoga before so it was very new to me and I wasn't sure if I was doing it right. I followed a 10 minute yoga video ([link to video](#)) and tried to stay relaxed while following it.

Happiness from the day- 6/10  
How much it helped- 8/10

The day itself was not so good, but overall after the yoga session I did feel a lot more calm and relaxed, and I do think I want to try and start doing other yoga practices to help for when I am feeling negative or stressed out.



## Nov 26th Exercise ✓



Time lapse Work out

Today I concentrated on myself. Because I didn't have any plans for the day, I decided to take care of myself by cooking a healthy breakfast and then doing a cardio and lower ab workout to help me feel healthy and awake. After that, I took a shower, cleaned my bathroom and room, and did some homework. Today felt like a really productive day, and I want to try to incorporate this routine at least once every 1 to 2 weeks as the after feeling was very rewarding.

Happiness from the day- 6/10

How much it helped- 8/10

I felt very tired and out of breath throughout the exercise because it was more difficult than what I was used to, which is why I wasn't very happy while doing it, but afterwards I felt extremely good, and proud of myself for taking my personal time to do something good for me.

## Nov 30th Journaling ✓

In this video is a timelapse of me journaling again. I found that last time it was a really efficient way to just help relieve stress and really open up about everything without feeling vulnerable. I basically update this journal around once every one or two weeks, about everything that is going on around me at the moment, school wise, socially, family and more.

Happiness from the day- 7/10  
How much it helped- 9/10

As I mentioned before the journaling doesn't exactly makes my day any better or me happier, bt I do feel that my anxiety is a lot lower, and I have a much more positive attitude towards everyone as sometime there are some things I just need to get off my chest and put into the journal.

[Link to time lapse](#)

## Dec 3rd Brunch with Mom ✓



I decided that I wanted to go out with just my mom and I as sometimes I feel like I don't really spend much time with her and it was a nice opportunity to go outside and do something together. We ate at little cove in Sai kung, and caught up about a lot of things. It was really nice getting to just speak to my mom one and one and I would like to do that more often.

Happiness from the day- 8/10  
How much it helped- 6/10

Although it didn't really help as much for me, I do think it made me a lot happier as my relationship with my mom just got stronger even just from that one time we had brunch together, mainly because we never really have done that before.

## Dec 4th Walking my dog ✓



I never usually walk my dog for a long time, and really let her have a good walk around the neighborhood so I decided to start doing that and it was actually very nice. Especially because the sun was out, and I was able to just walk around and see the scenery, as well as letting my dog do something fun.

Happiness from the day- 7/10  
How much it helped- 7/10

I felt that this helped a lot because it got me to do something outside, offline, active and independently and it also benefited someone else (my dog). Therefore it increased my happiness and mindset.



## Dec 4th Watching the sunset ✓



I spend a lot of time looking at sunsets as I think they are so pretty and it is so easing to watch the sun go down. I have tried my best to go outside every evening to see the sunset as much as I can as I feel it makes me so relaxed and puts away any stress and negative thoughts or feelings that are occurring.

Happiness from the day- 4/10  
How much it helped- 8/10

Although in the moment, watching sunsets is very calming it doesn't necessarily affect my whole day, so I feel that I should do some other activities that will allow me to feel happy before the sun sets to have a better, more positive day.

## Dec 8th Spending time with my dog ✓

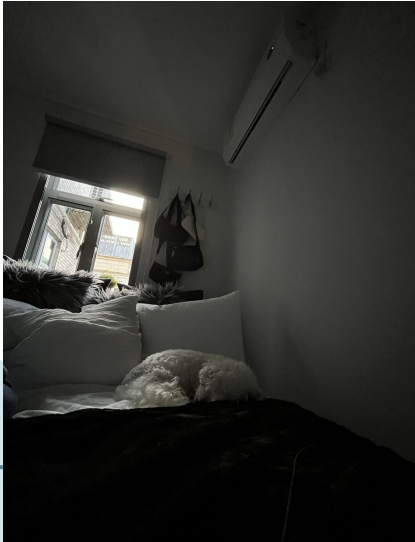


Today I didn't have much plans and my family was out for majority of the day, so I had to look after my dog. Meaning I feed her, walked her and spent time with her. She is very old now and sleeps all the time, but loves company, so just having her on my bed while I do whatever I need to do, makes her feel a lot more comfortable.

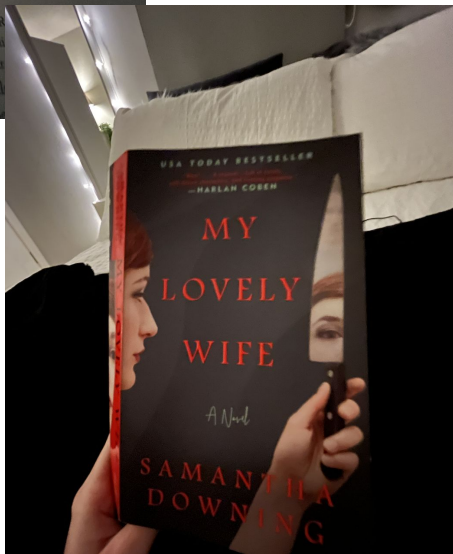
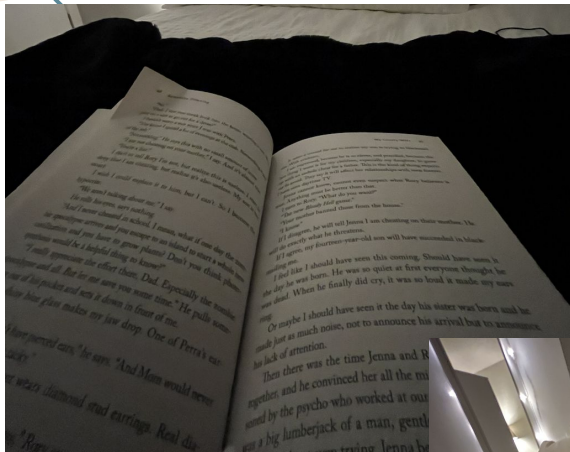
Happiness from the day- 8/10

How much it helped- 9/10

This was actually very nice as it felt good to know that my dog was relying on me to look after her, and having company from a pet is actually a lot nicer than it sounds, as they can't say anything that could potentially upset or change your mood for the day. I feel like my dog provides so much happiness to me, and I am glad I have been putting more effort into seeing her as she doesn't have that much time left.



# Dec 10th Reading ✓



I go through phases of reading, some months I will love it and go through so many books and read all the time, and others I won't touch a book for ages. For a long time now I have not been reading in my free time and I miss that. So I decided to start getting into the habit of reading more in my free time instead of watching tv when I can.

Happiness from the day- 6/10  
How much it helped- 7/10

I read about 30 pages, and I want to try my best to finish this book as soon as possible, by reading as frequently as I can. This helped a lot as I feel reading makes me use my brain a lot more and I am doing something that is healthy for me.

## Dec 12th family time ✓



Although I spend a lot of time with my family, I have felt that recently with school and friends I haven't had as much of a chance to just sit down and talk with them as I am always either out, or having my own time in my room. So I decided to go with my parents to a family friends house and have dinner with them.

Happiness from the day- 8/10  
How much it helped- 6/10

I didn't want to go at first because I was tired but I decided that socializing instead of just staying at home watching tv, would benefit me more and allow me to have a different evening than normal.

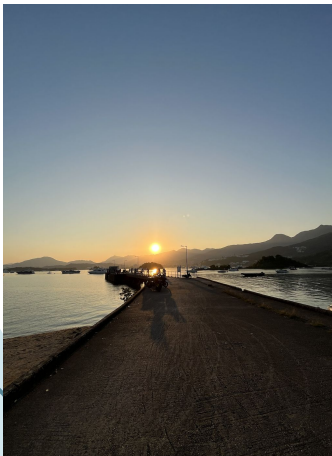


## Dec 14th Run ✓



Today I decided to go for a run during the sunset and it was actually really nice. This time of day let the weather cool down a bit so I was not sweating and the views were so beautiful. I ran about 4k and listened to music the whole time, and it honestly changed my mood so much.

Happiness from the day- 8/10  
How much it helped- 9/10



This was a really good activity as I felt productive, healthy, and when I was running all of the negative thoughts were sort of left behind and I just focussed on the nature and the view. I want to try and start doing small runs more often as I actually felt this really helped me.

## Dec 17th Campfire with friends ✓



Today I decided to invite a group of friends to the barbeque pit near my house, so we could cook food and all sit around the fire and talk considering it was the first day of winter break. We cooked sausages and brought a bunch of other snacks and were there for a good few hours.

Happiness from the day- 8/10

How much it helped- 6/10

This activity was so nice because I got the opportunity to socialize with my friends, and do something outside that was different from what we normally do. Although it was really good, it was hard to organize as there was lot's to bring and do, but I think doing it every once in a while when its still cold is a wholesome activity.

## Dec 20th Walking my dog ✓



Here I am walking my dog once again, I decided to go around the village, then afterwards stop by my house and let my dog sit in the sun as she loves to do that. I enjoy this activity because it allows me to get outside and do something physical as well as it also benefits my dog and makes her happy. I have been taking her on lots and lots of walks now and I think she is starting to appreciate it a lot more.

Happiness from the day- 6/10

How much it helped- 6/10

Although this activity does help, it's only a small part of my day, therefore I would have to do other activities to really fulfill an interesting and productive day. Overall I have enjoyed spending more time with her.



## Dec 22nd Run ✓

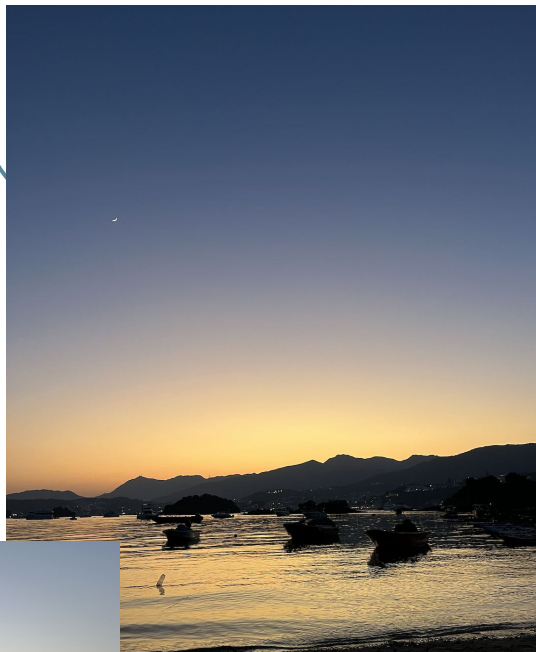


I decided to go on another run because the last one was surprisingly one of my favorite activities. This time I went sort of mid day when it was really hot which wasn't the best idea at I felt fatigued really quickly and couldn't run as much distance as I planned too. It was still fun because afterwards I felt very fit and took a shower and went on with my day.

Happiness from the day- 7/10  
How much it helped- 7/10

Although this run was not as good as the first, it still increased my positivity as I got to go out and leave my negative mindset and thoughts behind and I could just go into my own world and listen to music at the same time.

## Dec 23rd Sunset on the beach ✓



This was my last activity for my personal project so I decided to do something very calming and peaceful, as well as independent but also good for my perspective on Hong Kong. So I decided to go to the beach that is nearby by my house and sit there and watch the sun go down. I had music so I felt very calm and happy and because the view was so pretty it really let me appreciate where I am right now.

Happiness from the day- 8/10  
How much it helped- 9/10

Watching the sunset is one of my favorite things to do as I really admire the skies and the colors it creates. Which is why I decided to go to a spot where I can really live the whole sun's experience on my own.



## Overall experience-

Now that my personal project experience is over, I believe that one of the things that went well was that I did my best to engage in activities that were beneficial to my mind, body, and/or soul, which I did. I definitely felt better about myself after each activity, and I'd like to incorporate them into my regular life because they help me live a healthier lifestyle and attitude. If I could redo this project, I would try harder to do more activities that were outside of my comfort zone, such as going on longer hikes or exploring Hong Kong on my own to really understand where I am and how nice it can be. Finally, I thoroughly enjoyed this project and have learned to appreciate so much more because nothing lasts forever and time is limited.

The background features several abstract elements: a large beige blob at the top, a teal blob at the bottom right, and a teal scribble at the bottom left. A thin teal line loops in the top left, and another teal line curves across the bottom. The text "The end" is centered in a dark brown font.

The end