

## **Unit 4: Creative Non-Fiction Project:**

The dictionary describes inspiration as the process of being mentally stimulated to do or feel something. Obviously, the feeling of being inspired has a lot to do with the people we surround ourselves with every day. I would dare to say that most of us have that one figure in our lives that keeps us motivated every day, which helps us to find our identity and which pushes us to be who we are right now and to do what we want to do in the future. In my case, this person is my mom. Sometimes it's not about the person who tells you what you want to listen to, but the one who tells you what you need to listen, the one that occupies that special position in your life and helps you create your identity. Her name is Teresa, she is brave, patient, intelligent, funny and simply, unique. On the other hand, I tend to be very impatient, nervous and sometimes I get so into the work that I forget to have fun and live the moment. She is very caring, and she always insists that I have to learn to enjoy the actual moment and don't think about the after.

Ever since I can remember, I have always been very focused on my work and school; trying to get good grades, staying up until late... everything in order to try and be "the best". As silly as it may sound, I've been always a very competitive person who always wanted to quietly stand out from the rest, and this has not always been good for me. I didn't use to live every moment as it deserved and I was so focused on that feeling, that I was damaging myself inside. My mom was always there when I needed to talk, and she tried to make me see that I didn't need to be "the best" in order to be perfect, I just simply had to be myself. I remember sitting next to her during a spring night and talking about how she was like me when she was younger, she got stressed and freaked out every time she wasn't able to do something correctly. Unluckily for her, she didn't have anyone to talk to and ask for help, whereas on the other side I will always have her. She has always known how to put I smile on my face, even during hard times. We are both adventurous people, and during the lockdown, we couldn't do much and I was feeling a little bit anxious because of school, so every Saturday afternoon, we created our "not-beach club" on our balcony. We just simply grabbed 2 sunbeds, a double caramel Magnum each, and played chill-out music on a speaker. We laugh, spoke about life, and simply enjoy the moment.

As you may have noticed, she is very creative, and every time I'm feeling low, I don't know how to express myself or I simply want to communicate in a different way, we write letters to each other. We play this game with my father too. Since I was a little girl, we have always left each other a letter with little gifts, normally some craft, every Sunday morning. I really enjoyed it, and we've kept on doing it until nowadays. In case you are wondering, what do we do with the letters, we put them into a big box where we've got all of them signed and with the date and the age written in order to go back to them every time we want to remember a certain moment or period in our lives.

To continue with the anecdotes, I would like to tell you about the day she decided to take to a cake course for my birthday, after school, in order to get me out of the routine. That day, she came to pick me up at school at 5 pm as usual, but surprisingly, it wasn't only me who she came to pick up, but also my 2 best friends at that time. We had so much fun, and as my birthday is during easter, we decorated the cakes with a rabbit and some eggs. They ended up so pretty that we didn't even want

to eat them! I remember she wrote an email to my teacher saying I didn't do my homework that day because I had some family events and I was busy all afternoon. One more time, she saved me from getting stuck in my routine.

To finally conclude, I believe you may all have guessed my mom has always known what to say at that exact moment to make me see that there is something else apart from school or work. Yes, working and doing your best is good, but sometimes, you just need to express yourself, live the moment and get out of that cycle. She means so much to me, she has determined my identity, as well as my father. They both have always taught me to be constant and hard-working, but also to disconnect and have fun when needed because at the end of the day, I was still a little girl. Nowadays I still work hard and put a lot of my energy into my work, but also in having fun and living adventures with them, because nobody apart from them is ever going to tell me so many truths and teach me so many things about life.

### **Bibliography:**

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