

## Reflective Narrative

### Week 4

**Tuesday 1/30/24: Has there ever been a time in your life when someone did something to you to make you mad, but ultimately you had to forgive them? What did they do? Why or why not, do you feel it is important to forgive those who do things to us?** The time in my life that someone had made me upset was when my friend accidentally broke my favorite apple watch band. I ultimately had to forgive her because I realized that she didn't do it on purpose, she apologized, and it wasn't that big of a deal because I had more at home. It is important to forgive those who do things to us. You can spend so much time just being mad and hating that person when you can just forgive them and just be more careful next time.

**Thursday 2/1/24: Who is a person in your life that has served as a mentor to you? This person can be a close family member, coach, teacher or even a friend. Why would you consider them to be a mentor?** I would say that someone who has served as a mentor to me is the counselor, Ms. White. I would consider Ms. White my mentor because she always gives me advice about my life, I come to her about my problems at home and school, and I talk to her about my mental health. I feel like I can talk to Ms. White about anything and that's why I feel like she is my mentor.