

Name _____



Realizing Change

Directions: Read the prompt carefully. Write a polished reflective personal essay that includes a real experience, meaningful reflection, and a clear theme. Use strong details, thoughtful insight, and purposeful structure.

Write about a moment when you realized you needed to change a habit, belief, or daily routine. Describe the experience that led to this realization, the emotions you felt during it, and the steps you took afterward. Then explain what this change taught you about yourself and why the lesson still matters to you today. Your essay should show a clear theme connected to growth, understanding, or personal insight.

Write at least three well-developed paragraphs. Include **specific actions**, **internal thoughts**, and **reflective commentary** that help readers understand the deeper meaning of your experience.