



Grace Brensell – Wellington House Captain

Every day we are faced with decisions and the choices we make. From eating cereal to attending a Highlanders game, from buying a yellow dress instead of a red dress to eating that chocolate, and choosing who you want to be friends with – you make a lot of decisions and choices, and face the consequences. Choices are everywhere. Despite our parents making most of our decisions when we are young, we start learning how to choose between the options placed in front of us to make our own decisions.

The choices and decisions we make have an impact on our daily lives. They make us special, set us apart from each other. Our lives are made up of the many choices we've made and we live with those choices. Whether you feel it immediately or not, our lives are being shaped by the choices we make.

Whether you decide to go to University or take that guitar class you always wanted to, or get your hair dyed or travel – it's your choice. It is all your choice and it always has been your choice. The past cannot change but we can learn from the choices we make. The present is something we need to make the most of, and our future is based on every decision we will make.

I decided to do gymnastics at the age of 5, and started to compete at the age of 7. I initially wasn't keen on competitions because it involved a lot more training, trying new skills, that were often hard, and challenging, along with the many injuries and competing against your friends, and there were a lot of highs and lows. However for me, it was the best decision I made. I loved gymnastics and I have learnt so much from this sport teaching me life long skills that I can apply in so many different ways.

Sometimes though, we can make some choices that are not so great, and we soon realise our mistakes, but that's part of being human and growing up and important to remember we can learn from these experiences. When I look back over some of the choices I have made I have definitely learnt from them. Either way, we should be proud of ourselves and the choices we make. We should be happy with what we wear, what we say, what we eat, and what we do.

Next year I have some big decisions and choices to make. A whole new journey, but am looking at all the opportunities out there and hope I can make the right choice and do what's best for me.

We can't undo the past, but we can always learn from it. Choices are the building blocks of our lives and despite any mistakes we may make, a new day brings with itself new opportunities and a whole new world of choices.

Remember that the choice is yours – it always has been.

I will leave you with this quote from Angelina Jolie "Make bold choices and make mistakes - it's all those things that add up to the person you become"