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OWN IT! Written Explanation

 Intelligence, tenacity, compassion, and being down to earth are character traits which I currently possess. The main background color of my personal crest is yellow because yellow stands for intelligence, a trait which I value in myself as well as others. Being a natural leader and tenacious are represented with the color red. As a teacher and mother, I find being nurturing to others as well as having compassion for others, traits which are very strong in my personality which are represented by the color green. I also have been told by several of my close friends that I am a friendly person but come across very serious when people first meet which is because I like to keep myself protected from the unknown, these traits are illustrated by the color brown. My current symbol is the raven, which represents being a person who is the keeper of wisdom and secrets, a person who people look to for answers, similar to being a messenger and teacher.

 A goal I for myself for who I want to become is a person who has complete balance in life, balance between my physical goals and my intellectual goals, so that one side does not take precedence over the other. I want to find balance in my life because I have an inclination to focus too intently on one thing, while letting other aspects of my life go, which causes some areas of my life to become neglected. When aspects of my life are neglected, I feel very ashamed and become negative towards myself, which stops progress in all aspects of my life. Many shades of green are presented as the background of my future self because green illustrates balance and growth which is aligned with my S.M.A.R.T. goals. Orange is represented in its multitudes of hews because orange represents having excellent communication, being agreeable and optimistic, when I lose sight of my goals I become very negative so I want to remain positive and optimistic. Red is also represented not only in who I currently am, but also as a quality I would like to hold on to because red symbolizes being tenacious which means to never give, always keeping my goals as part of my evolution. The symbol I choose to represent my future self which is aligned with my S.M.A.R.T. goals is the sacral chakra which represents balance, positivity, creativity, trust and becoming the true you, I will need to possess all of these traits to grow into my future self and actualize my goals.

 My motto on my personal crest is, “ex nihilo nihl fit,” which translated from Latin to English means “nothing comes from nothing.” I personally love learning historical content and this is an old Latin proverb that I came across in a book for a core humanities class while attending UNR. This motto or proverb represents who I want to become because it means that with hard work I will achieve my desires and goals, however conversely, if I do nothing, I will achieve nothing. It is important to constantly improve myself and become a better person, to be the person that is at peace and balance with world. In order to become at peace and balanced with the world I need to find balance and peace within myself first. I chose to write my motto in Latin characters because I feel it will cause people to ask more questions which leads to looking for more answers, finally allowing all of us to see the world in multiple perspectives, growing our collective knowledge. My personal crest is just that, personal; it represents my present self, while also acknowledging who I want to become, all of which is being supported by my motto which symbolizes who I am now and how I am going to become my future self.