

## Second Goal Reflection

Since my first goal reflection, I've created a new set of short-term goals and long-term goals. My previous goals were focused on applying for post-secondary and volunteering. However, I also created smaller goals like being more knowledgeable about filmmaking, starting to build my film portfolio, looking for job opportunities and practicing mindfulness in which I didn't spend much time on. These smaller goals are significant to the structure of the future I've set for myself and the person whom I want to be. Thus, I've constructed my new goals based on these smaller goals to push myself in investing time every day and concentrate on them more often.

With my new goals, I've organized them into three categories: passion, job & volunteer and health & wellness. Having a goal in each of the categories will create a more balanced life for me as I build skills on different areas altogether instead of simply focusing on one as I've done on my previous set of goals. The only obstacle of this new system is that I'd have to focus on more things at once, but I am determined to overcome this challenge for my own personal growth.

My short-term goals include learning more about filmmaking and film production, volunteering to at least one more organization, completing my resume and being more organized with my daily routines. These goals are to be achieved by the end of 2018. I chose these as my short-term goals because I want to continue to be involved with my community as I've grown to love volunteering and I want to keep learning about a career I'm passionate about. I also wanted to put my attention on taking care of myself and getting tasks done. My long-term goals include compiling at least three developed storyboards and a written synopsis of film projects for my

film portfolio, be working at a job, have volunteered to at least two more organizations as well as improve self-awareness and increase positivity. I chose these as my long-term goals because they will prepare and push me for the future in many ways especially to prepare me in my desired career in filmmaking, in creating a financial plan and overall improve wellness. Lastly, it will also encourage me to build positive habits, maintaining happiness for myself as well as the people around me. I have to achieve these goals by September 2019.

In the passion category, I've done quite some progress. To broaden my film industry knowledge, I researched on what job roles there are in a film production team. In a Hollywood film, an average of 500-1000 crew members are involved, the largest (2014) being 3,310 crew members for the film "Iron Man 3". A film is developed in three stages which are pre-production, production, and post-production. There is a vast number of roles in each stage. I've narrowed down the main ones and posted them on my capstone's passion page. I also love watching movies in my free time, especially with my sisters. I took this opportunity as a way for me to expose myself to different film genres that I don't usually watch such as thrillers or comedy. While watching movies, I am fully engaged in observing the story, dialogue, how the shots are performed, the transitions, lighting, etc. I've always been curious and fascinated by how films are made; this is one of the reasons why a film career sparked my interest. I've realized that I am most intrigued by the cinematography of the movies. Thus, this is something I would consider learning as a specialized area in film. On Netflix, there is a new interactive episode of "Black Mirror" called "Bandersnatch" where the audience decide how the episode plays. It is such a creative way to integrate game and film together. I would love to create and be a part of an interesting and visionary concept like "Bandersnatch" in the future. As for my long-term goals, I

have yet to make two more completely developed storyboard entries of my film ideas. I've already written one titled, "Continuum " which I posted in the written section of the showreel page in my capstone. My film portfolio still needs more progress and I will proceed by simply choosing a film idea I have and spending a few minutes every day developing and writing its story. I will also continue to explore the topics of filmmaking and the film industry.

In the job & volunteer category, I've succeeded in my goal of volunteering at one more organization before the end of 2018. In fact, I volunteered at three more. I volunteered at the Surrey Nature Centre as a Surrey Youth Stewardship Squad member for their Nature Art Jam session. Then, I volunteered at the Surrey Christmas Bureau where I assisted in helping those in need of gifts for their children this Christmas. It was a very meaningful experience for me. I've gotten to meet great people and I am glad to have helped make Christmas better for others in this way. I also volunteered at the Bear Creek Train once again, but this time for their Christmas train, assisting with the arts and crafts table. I've updated and completed a professional resume. It is ready for when I need to show it. My search for a job is still an ongoing process. I am not applying for one at the moment since I want to focus on my studies in school. However, it is my goal to have a job next summer. I will seek both job opportunities and more volunteer opportunities as well.

In the health & wellness category, I've gradually been working on my goals most especially organizing my tasks and building positive habits. For the past couple weeks, I've been consistently planning my week ahead of time. I feel more organized seeing my tasks written in my bullet journal. Although I have planned my tasks and set schedules for different things, my

struggle is completing them the day I planned them. I tend to move them around often. The solution for me is to know my time management well, making sure I balance my tasks throughout the week and getting the motivation to start doing them. My long-term goal in this category is improving my self-awareness and building positive habits. I've taken the advice of starting my day by saying an affirmation to myself. I remind myself of the affirmation throughout the day and it keeps a smile on my face as well as maintain a positive attitude. Currently, in my career life connections class, we've been reading a self-discovery book called "The Gifts of Imperfection" by Brené Brown. So far, I've learned a lot about belonging and shame resilience but most importantly embracing who we truly are, that letting ourselves be vulnerable and sharing our stories to those who deserve to hear them is one of the most courageous things we can do. This is a type of book I'd love to read more of and continue to find my greater sense of purpose. I hope to see improvement in my emotional well-being and overall happiness by September 2019.

I strive to achieve maintaining a balanced lifestyle throughout my life whilst keeping a burning passion for Film alive. Throughout this whole journey, I've realized the value of setting goals and the greater feeling of success when they've been accomplished. With all of these goals I've set currently and in the future, I am sure to create a better version of myself as long as I continue to pursue and attend to them just as I have in the past few months.

**"What you get by achieving your goals is not as important as what you become by achieving your goals."**

- Zig Ziglar