



DIARIO DE REFLEXIÓN EN INGLÉS

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My first swimming competition

Today, I was thinking about my first swimming competition. Although I no longer practice the sport, that experience taught me an important lesson.

I remember feeling both excited and nervous before the race. My coach had told me, "You have trained hard, and I believe in you." Later, my friend noticed my anxiety and asked if I was okay. I told him that I was just excited, but deep down, I was unsure of myself.

As soon as the race started, I dived into the pool, trying to recall everything I had practiced. However, halfway through, I realized that I was falling behind. If I had sped up from the beginning, I might have had a better chance of winning. Still, I didn't give up. I pushed myself harder, determined to catch up. By the end, I managed to finish in third place. It wasn't first place, but it was a great achievement.

After the event, my coach pointed out that I had improved a lot and suggested that I should work on my speed for future competitions. My parents also congratulated me, reminding me that effort matters more than victory. That night, I reflected on everything and felt truly proud of myself.

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