

Erika Ezenekwe
Values Reflection

Family and Friendship

The values I chose are family and friendship because they are a huge part of my life. My family and my friends both mean the world to me. I am not the person I am today without them. They have impacted my life in the most profound ways. Family and friendship go hand-in-hand. People you consider family do not always have to mean blood related. Anyone that cares for you and that support you get everything that you do is part of your family. Friendship is so important because my friends are my second family. My friends are part of my support system that will stay with me for the rest of my life. They both play a huge role and have helped me decide on a course for some of the biggest decisions in my life.

One of the biggest decisions they helped me decide on was choosing what major and University I should go to. I was stuck between nursing and pre-med and going to the University of Cincinnati and The Ohio State University. I struggled in deciding what would be best for myself and would make me the most content and happy. My friends and family gave a lot of advice and helped rearrange my thoughts. Through all this, my friends and my family supported and encouraged me the whole time. They never criticized me or try to push me towards a career they thought was best. My friends and family gave me advice that helped them decide on their career and future when they were my age. They as well have a gift of making me laugh and sometimes so hard that I cry especially when I'm stressed out. I can tell them everything and anything and they never judge or ridicule my actions. They are always there for me. They always lift me up when I am down and encourage me in everything I do. They are the most important people in my life and I love them so much. I don't know what I would do without them. I am so grateful to be surrounded by such an amazing group of people. I know for a fact that if I ever need anything, they will be there for me and that's one of the most amazing feelings.