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Port Coquitlam BC

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Journal Entry – self reflection

The single most challenging moment in my life was the exchange program because I'm far from my family and from the all help had in Brazil, so it's being the most difficult thing in my life until now.

Three words to describe last year is:

-Challenge: because of the exchange program and to leave all my family.

-Growth: I've learned a lot of things about life last year, but the most important was to learn that life isn't just party and jokes, we need to do our obligations first off all

-Chill: Even though I've grown up I had my obligations I had a lot of moments to chill with my family, friends and girlfriend.

My most valuable relationship is with my girlfriend, because she helps me a lot when I need and support me at almost everything.