

NINETEEN EXAMPLES TO MAKE YOUR ESSAY MORE INSIGHTFUL

Take a look at the examples below, which were inspired by [this Values List](#), and see if any inspire you. Remember: These can work not only for the ending of your essays, but also for the ends of your paragraphs. And hey, don't steal these insights. Let them inspire you to write your own! :)

Communication: I learned that it's important to listen first before offering solutions, (or) I learned that there was such a thing as over-communication when it comes to decision-making.

Inspiration: I learned that the first idea isn't necessarily the best one, (or) I realized that sometimes stepping away from a problem and not working on it was a great way to gain perspective.

Money/Financial Gain: I learned that the amount of money I earned wasn't the only thing that mattered to me; I also cared about how I earned it, (or) I realized that helping my father earn more money was great, but earning money for myself was even more empowering.

Intellect: I learned that I needed to move beyond just memorizing facts and figures—I had to learn to apply what I was learning, (or) I realized that clever ideas aren't always ideal; sometimes the simplest idea is the best.

Status: I learned that maybe I didn't want to be in charge after all—it turned out I had a lot of gifts when it came to supporting others as leaders, including (name some of those gifts), (or) After talking with my teammates, I realized that I had been leading all along, but in small ways, such as modeling sportsmanship and inclusivity.

Humor/Laughter: I learned that it's important to not only work hard, but also have fun along the way, which is why we instituted Random Dance Breaks (RDBs) each day at 4 p.m. sharp, (or) I realized that, while my joking manner had led to my team liking me, it had also led them to believe I didn't take our work seriously, so I needed to be more selective about when I joked.

Serenity: I learned that it's important to make sure I'm monitoring my own anxiety—learning meditation helped a lot for that, (or) I learned that some amount of stress could actually be a good thing and even improve my performance.

Physical Challenge: I learned that my body is capable of more than I'd originally thought, (or) I realized that I'd been pushing myself too hard physically and what I needed more than anything was rest.

Responsibility: I learned that I'd been trying to take responsibility for the other people in my life, when what I really needed to do was take responsibility for myself, (or) I realized that, while I'd taken responsibility for my actions in my mind, not everyone felt that way, and I actually needed to make a public apology.



Competition: I realized that the competitive academic atmosphere had been toxic, and I needed to step away for a while, (or) I realized that competing could actually be fun, and losing wasn't actually the worst thing in the world.

Career: I realized I'd been too focussed on what I wanted to be and hadn't really been focussing on who I wanted to be—a good sister, daughter, and friend, (or) I realized that my father's career—the one that I'd resisted all along—was, actually, a great fit for me in so many ways.

Working with Others: I learned that I didn't need to do it all on my own; I had a whole team of people—friends as well as family—around me who were willing to support me on the project/in life, (or) I realized that, in some cases, it was okay to trust my gut and not ask for everyone's input—in fact, for our team to work efficiently, I'd have to do just that.

Freedom: I learned that sometimes, too much freedom can be a bad thing, and that students can actually sometimes be even more creative if they're given limits, (or) I ultimately realized that it wasn't my parents who had been holding me back ... it was me.

Security/Stability: I realized one of the big reasons I was pursuing medicine wasn't just to help heal people, but to be able to make enough money to provide stability for my family—the kind of stability I'd never had, (or) I realized my self-worth had been based on others' opinions of me, but that actually, that wasn't a very stable situation, as any change in their opinions would lead me to doubt myself.

Strength: I learned that my strength lay not in my ability to take action, but in my choice to not take action—to instead allow others to get involved, (or) I realized that I thought I was being strong for everyone else, but really I was just refusing to be vulnerable and ask for help—and that there was actually strength in vulnerability.

Self-control: I learned that I had to set limits on what I ate and when, (or) I realized that my desire to control what I ate had put me in a prison, and that I hadn't been as informed about nutrition as I'd originally thought.

Social change: I learned that my teacher wasn't the only one to blame; he was actually complying with an oppressive system that had been put in place well before he'd arrived at the school, (or) I realized some of our school's rules were useful and in our desire to overhaul the system we had to be careful not throw the baby out with the proverbial bath water.

Empathy: I learned that what I'd wanted from my mentor wasn't approval, but just acknowledgement that he understood what I was going through, (or) I realized that, in my desire to help my friend, we'd developed a codependent relationship that wasn't healthy for either of us.

Belonging: I realized that part of why I'd felt hurt was that, given my upbringing, deep down I really just wanted somewhere to belong, (or) I learned that not every group is actually worth belonging to.