

**1 - A) What aspect of the world do I think about?**

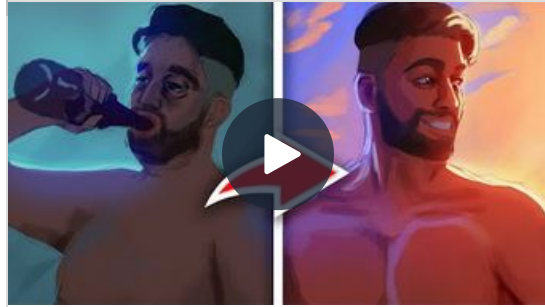
Why a lot of people refuse to "self-improve"  
A lot of people excuse their mental/physical health as genetic or something else that they cannot control or change.  
There is one content creator that makes videos on self improvement directed towards young men: **Hamza**

<https://www.youtube.com/c/Hamza97>

Hamza, real name: **Hamza Ahmed**, is a self improvement youtuber that gives people, but mainly young men, advice on how to make themselves the best version of themselves they can be.

**3) Recent video I love:**

This video is one that especially stuck with me, the video is an in depth guide on how to improve your mental health.



<https://www.youtube.com/watch?v=2E6cg8c0I>

[Full Mental Health Guide For Men](#)  
*(This should be your priority right now)*

**Hamza on how to improve your mental health in 2 steps:**

1. Create a habit tracker with the habits: Meditate, Gratitude, Exercise, Adventure (There's more habits you can do but if you're just getting started with self improvement it's good to make it easy and simple for you) The habits (Meditate, Gratitude, Exercise, Adventure) should be at the top of the page and going down the page just write numbers 1-14 representing days.
2. Do those habits every single day, no matter how small the length, and tick off the box when done"

Hi there! My full name is **Sebastian Edward O'Brien Espinoza**. I play the electric guitar and I do parkour. I am also a student at Riverside Secondary and this is my "The internet is awesome!" Milanote, which shows a bit of what I do online.



**4 - C) What I am passionate about and a symbolic object: My electric guitar**



My guitar was a birthday present from my parents for when I turned either 13 or 12, I can not remember exactly which it was, but I remember playing it for so long when I got it that I broke one of the strings within a few hours. Since then I have practiced a lot more, broken a lot more strings, gotten more attached and have become more passionate about playing the electric guitar. Playing my electric guitar helps me calm down when stressed or anxious and is a great way to pass the time, way better than watching Netflix for hours or playing video games for hours on end.

**2 - B) A song that resonates with me and shows what I "stand for"**

**Wherever I May Roam - Metallica**

The "message" of this song, as said by James Hetfield himself, is about freedom and needing to adapt no matter where you are.



<https://www.youtube.com/watch?v=cwPg8gJq>

[Metallica - Wherever I May Roam](#)  
*(Official Music Video)*

**quote that captures "the gist" of the philosophy**

"All that matters is you, and wherever you go, you have to adapt"  
-James Hetfield when asked what the song is about

**Website that captures my feelings: Ultimate Guitar TABS**

<https://www.ultimate-guitar.com>

[ULTIMATE GUITAR TABS - 1,100,000 songs catalog with free Chords, Guitar Tabs, Bass Tabs, Ukulele Chords and Guitar Pro Tabs!](#)

Your #1 source for chords, guitar tabs, bass tabs, ukulele chords, guitar pro and power tabs. Comprehensive tabs archive with over 1,100,000 tabs! Tabs search engine, guitar lessons, gear reviews, rock news and forums!

Apart from being a website that captures my feelings **Ultimate Guitar TABS** is also an **app** on mobile devices, and my favourite one at that. I have probably spent more time on this app/website than I have on doing homework

**My current favourite song:**

**Chop Suey! by System Of A Down**

Wherever I May Roam's philosophy is why it resonates with me but it isn't my favourite song, it is in my top 5. Chop Suey!, meanwhile, is a song that really pumps me up, gets me motivated and energized because of how good it is.



<https://www.youtube.com/watch?v=CSvFpBOe>

[System Of A Down - Chop Suey!](#)  
*(Official HD Video)*