

After losing my husband of 34 yrs. to cancer in Feb.'08, I set some new goals for myself; one being to get physically stronger. I was taken as a guest to Quest Academy by a good friend at the end of October & knew that I had found the right place to accomplish my goal. I loved the positive attitude; the mental training; the great attitudes towards life which were being taught, the affirming instructors, & the great students who were always encouraging & prodding me on.

On Sat. Jan.31<sup>st</sup> I was graded for my yellow belt. After my training & grading my back was quite sore & by Sunday I could hardly move. Thinking back to how tense & fearful I was to be graded, it made sense that I had strained something & that was what caused my back to go into spasms.

On Sunday, while icing my back, a very painful memory from my Gr.7 school year came back to me where I was humiliated & embarrassed so that fear & intimidation from that event stayed with me through most of my life. I could now understand how the grading triggered those fears. What I learned after Sat.'s experience was that in facing my fears & doing it anyway has helped me overcome the worst fear in my life.

Having had the support & encouragement of everyone there on Saturday was huge & I'd like to thank everyone who helped me get through & I'm happy I can now keep going & train for my orange belt!

Lisa Boesten