



An inspirational person - Quan Hongchan

As a sports enthusiast, I have always kept myself updated on the latest happenings in the world of athletics, from record-breaking performances to the rise of new talents who leave an indelible impression on us. I am honored to have the opportunity to share my thoughts on a formidable yet intrepid athlete who secured three gold medals at the Paris 2024 and Tokyo 2020 Olympics – Quan Hongchan.

Quan Hongchan's diving odyssey began when she was seven. Although she was just a child at that time, her remarkable talent and unwavering determination shone brightly. She approached each dive with keen insight, which allowed her to rectify every imperfection she encountered. When she leapt into the waters of the Olympics for the first time at the age of 14, she not only made waves but also a splash that echoed across the globe. Winning three medals in a row was no small feat, but her notable achievements reminded us of the adage, "The sky is the limit." I suppose the diving board is the 'limit' in her case, and she is already soaring above it.

Despite being an Olympic medalist, Quan Hongchan, like any of us, is just a child who exudes positive energy all the time. I found this especially encouraging as she faced substantial obstacles on her path to success – from relentless competitions to the pressure of stringent expectations from her coaches and fans. Yet, she embraced every challenge with an unstoppable mindset, underscoring that challenges are not roadblocks but steppingstones to greater accomplishments. Beyond that, Quan embodies dedication and discipline in diving. "All my achievements came after repetitive practice, " Quan once said. I admire her devotion to sport throughout her journey.

Inspired by Quan Hongchan's victory, I am committed to making some changes in my own life. To develop an optimistic attitude, I will start focusing on the long term and not let the short term stunt my growth. Quan also did not achieve success overnight; instead, she viewed difficulties as opportunities to thrive. She has motivated me to make time for self-reflection, as it is the only way for me to develop insight into what is not working well in my life. This way, I can re-evaluate my circumstances in a calm state of mind and, thus, figure out solutions with greater clarity – just like how Quan continuously adjusted her training based on different situations.

Quan Hongchan is genuinely a role model for all of us. Let us look up to this youthful star, full of potential, and embark on a journey of self-discovery! Thank you!

