

The most important lesson I have learned through NJTL is you have to be focused. As a tennis player, you have to keep your eye on the ball, and you can't get distracted or else you will most likely lose the game. In tennis, you *must* stay focused if you want to do your best. And doing your best is just as important as staying focused. If you do your best, then you will probably do better than if you just swing your racket around and not try your best. In tennis, you also have to be respectful to the other players and you should always put effort into tennis.

That lesson helps me as a student because I need to be focused on my work or I won't do as well as I could have done. I also need to put effort into my work, or there is no point in doing it. Why do something when you don't even try? The lesson helps me as an individual because I need to be focused on the things that are going on around me. I can't think about the past all the time, or I won't be able to appreciate what I have right now. I also have to be respectful to my family and friends. Being mean to people won't get me anywhere in life because no one likes it when they don't get the respect they deserve.

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