An Important Event

There are many changes that can happen in a person’s life. Some changes are very tiny and would not affect your life very much. However, other events could be very important and could change a person’s whole life, such as getting married, having a baby, or losing someone special. The important event that changed my life is coming to the United States to study. When I first arrived in this country, I realized that a tremendous transformation would happen in my life both physically and mentally. After spending more than two months in the United States, I firmly believe that moving to the United States is a beneficial change for me. This change provides me a chance to lead a healthy lifestyle as well as a new way of thinking that are significant for me.

It is essential to have this change as it offers me a healthy lifestyle. Before coming to the United States, I used to stay up late at night to study and wake up early in the morning. This was a hazard to my health that could cause me to get sick easily. When I decided to come to America, I made up my mind and determined to keep a healthy routine. For example, I enjoy the American-style meal which includes having a fresh salad instead of cooked vegetables. This method of cooking vegetables helps me absorb more vitamins from them. As a result, I can feel that I am becoming healthier and healthier.

Additionally, this important change enables me to think differently and internationally. This is my first time living in a North-American country. Hence, I have a brand new opportunity to experience a new culture. Because I live in a multicultural society, living in Los Angeles has expanded my horizon on a lot of things – lifestyle, eating habits, and respectful greeting manners. By knowing more about different cultures, I have become more considerate and understanding of various habits as well as behaviors from different races. Consequently, I have changed into someone who has a new way of seeing distinct issues happening around me.

To sum up, moving to the United States was an important change in my life because of giving me the chance to have a healthy lifestyle and a new way of thinking. I have changed my eating and sleeping habits in a good way. Meanwhile, I have become more understanding of different cultures. Thus, this change is very important and beneficial for me.