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### **Tuskegee Airmen Project**

Do you know the story of the Tuskegee Airman? If not, it is the inspiring truth of how the first black and African-American men were able to serve as pilots in the U.S Army. Their secret: ‘The Six Guiding Principles.’ The principles are: **Aim High, Believe in Yourself, Use Your Brain, Be Ready to Go, Never Quit, and Expect to Win.** This paper will be my way of using the Six Guiding Principles to achieve a goal of mine --“Me” Time.

Why is “Me” time important? Let me make one thing clear first, “Me” time is very different for everyone. It can be from reading a book, to taking a walk, to going to your favorite cafe, to much more. But “Me” time also means enjoying your own presence. That is a very crucial step. While technology has its positives, we tend to overshadow the negatives. That is why, as someone who is tired of staring at a screen for 10+ hours a day, I made this my goal. I plan to *Aim High* by going for an hour a day, no matter the texts or homework notifications that interfere. For me, that is a long time to go without having to cross-off things from my growing checklist. But, I have come to realize that I have been overworking and pressuring myself to get everything done on time while my brain is becoming a cluttered mess.

Now *Believing in Yourself* is very necessary because I need to know that I can manage to put all those thoughts aside so that my brain can take a break. Times aren’t as they used to be but that doesn’t mean I no longer prioritize myself. *Be Ready to Go* means that I have planned out what I want to do in that hour. It means that once the clock hits that time, I will shut it all off,

grab my bag, and out the door I go. There will be no answering that last question or sending that last text because it will all be there when I get back.

In this time, I will *Use my Brain* in the aspect that it will be my guide to what it needs. If it wants to rest then we go outside and sit. If it's hungry, we will read a book. I will listen to its needs as if it were another person, because that's what it'll be to me. *Never Quit* and *Expect to Win* both correlate with the next step: Doing this everyday. If I expect myself to do this everyday, I want relaxation and peace at mind to be the reward. I have to look forward to how refreshed I will feel after "Me" time. Although it will be hard to keep myself out of my thoughts, I must continue training myself to do so and never give up. Just like the Tuskegee Airmen were able to accomplish their goal with the six principles, I will to.