

# 体育赛场的勇气

上一次学校运动会上，我报名参加了800米长跑。训练期间，我总觉得自己跑不够快，容易落后，看到同学们轻松超越，我开始怀疑自己的能力，甚至有些想退赛。那种自卑感让我心里很难受，每次训练都充满压力。

在老师和队友的鼓励下，我决定坚持下去。我制定了每天的训练计划，注意饮食和休息，同时用积极的话语鼓励自己：“我可以做到。”一开始，我跑得依旧很吃力，但慢慢地，我发现自己的体力和速度都有所提升。

比赛当天，我紧张得手心都出汗，但想到自己坚持了这么多天，我告诉自己不要放弃。比赛开始，我尽力保持节奏，一步步超越前面的同学。当我冲过终点线的那一刻，虽然没有获得第一名，但那份成就感让我无比自豪。我终于明白，自信不是因为别人看好你，而是自己努力过的证明。

从那以后，我在面对困难和挑战时都更加坚定。无论是学习还是生活，只要肯付出努力，自信就会慢慢建立。成长的过程，就是一次次用努力和勇气战胜自我怀疑的旅程。

## Courage on the Sports Field

In the last school sports meeting, I signed up for the 800-meter race. During training, I always felt I wasn't fast enough and often lagged behind. Seeing my classmates easily surpass me, I began to doubt my abilities and even considered quitting. This sense of inferiority weighed heavily on me, making every training session stressful.

With encouragement from teachers and teammates, I decided to persist. I made a daily training plan, paid attention to diet and rest, and encouraged myself with positive words: 'I can do this.' At first, running was still exhausting, but gradually, I noticed improvements in my stamina and speed.

On the day of the race, I was so nervous that my palms were sweaty. But remembering all the days I had trained, I told myself not to give up. As the race started, I focused on maintaining my pace, gradually overtaking the students ahead. When I crossed the finish line, although I didn't get first place, the sense of accomplishment filled me with pride. I finally understood that confidence is not about others' approval but proof of one's own efforts.

Since then, I have become more determined when facing difficulties and challenges. Whether in study or life, as long as one is willing to put in effort, confidence will gradually build. Growth is a journey of overcoming self-doubt through effort and courage.