

CHANGING
CAREERS



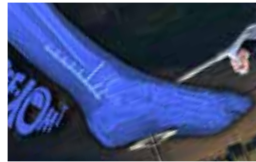
I AM
MY OWN
MUSE

BE YOUR
OWN
CELEBRITY

BY KRISTINA BUNGE



Author of quote unknown.



This.

Is.

It.

Making mistakes is apart of life because how can one grow under perfection? Here is my compilation of how I've made mistakes but it has only drove me to the right path of understanding that there's casualty and beauty in making mistakes. *The SILVER LINING of life.*

life offers more
IN
SYCAMORE



STOP ASKING "WHY?"
AND START ACCEPTING
WHAT'S BEING THROWN AT YOU.





GOOD THINGS
ARE HAPPENING,
DON'T HAIT.

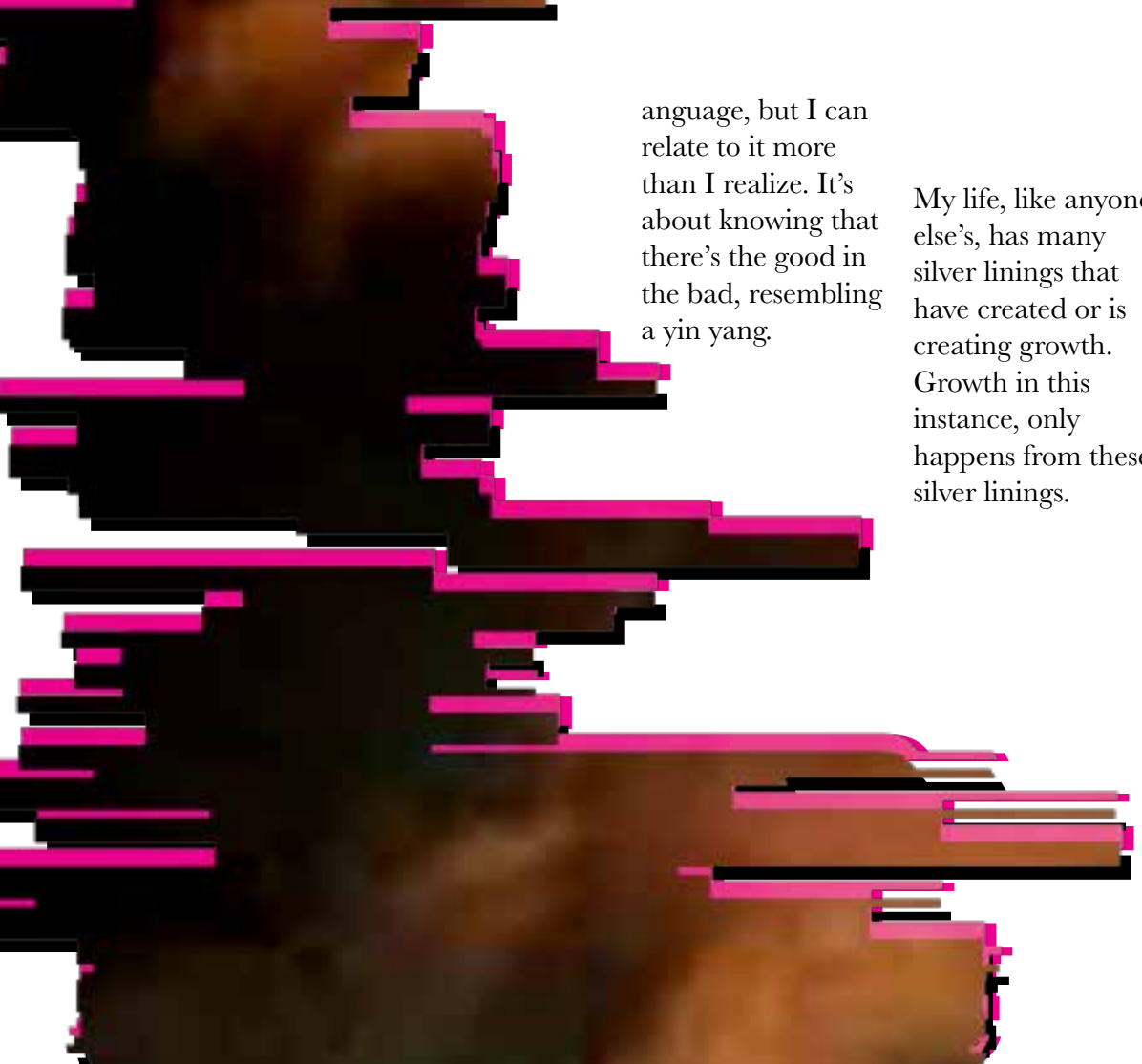


Silver Lining

By: Kristina Biundo

Silver Lining is about how life is full of making mistakes and learning how amazing things can come of it. Here, I am showcasing my mistakes in an artistic way but still leaving enough up for interpretation. I've

put my feelings and emotions out in different art forms and combined it, creating something to feel inside. Silver Lining is an interesting saying in the English



language, but I can relate to it more than I realize. It's about knowing that there's the good in the bad, resembling a yin yang.

My life, like anyone else's, has many silver linings that have created or is creating growth. Growth in this instance, only happens from these silver linings.

The right direction only comes from bumps in your path.



A RETIRED ATHLETE IS NEVER RETIRED, THEY JUST FIND A PASSION FOR A NEW CHALLENGE.



GOOD THINGS NEVER COME FROM COMFORT ZONES



Nothing Is Ever Finished

By: Kristina Biundo

**This path has a purpose,
you may not know “why?” now,
but you will soon.**

My dad is someone whom I look up to greatly, and is the biggest role model when it comes to “your body is a temple”. He has completed 6 Ironman 140.6 races and 13 Ironman 70.3 races. An Ironman consists of three sports; swimming, cycling, and running. The Ironman 140.6 races that my dad usually competes in are 2.4mi swim, 120mi ride, 26.2mi run. The Ironman 70.3 he has completed more of,

and I competed with him in the most recent one consisting of; 1.2mi swim, 56mi bike, followed by a 13.1mi run. My dad inspired me to do one with him after seeing him complete Ironman 140.6 in Panama City Beach, Florida, USA and I thought I want to do that with him. My dad thought I was joking at first, but I had to explain that I was ready for a new challenge in sports and

have been thinking about it for a while. I’ve competitively swam for 13 years and through college, I’ve competitively rowed, and I was into weight lifting for a while, I just knew I needed something more challenging. The silver lining was if I’m not going to do it, no one will do it for me. I did it for myself to prove to myself I CAN do it.



THIS IS IT!
dream dream

BE YOUR OWN CELEBRITY