Sport plays an important role in our life. Sport makes us stronger, healthier, more confident and helps us to enjoy the life. But there are different kind of sport. Some of them are games like football, volleyball and they are really good and funny; board games, for example, chess, develop our mind; and there is also extreme sport.

Some people claim that extreme sport also helps us to build our character. And I am sure about that. Our character is not only our genes. Character is a mix of genes, habits, our preferences and upbringing. It’s difficult to have strong character if you are a soft person and afraid of new things. I think extreme sport is a kind of challenge to ourselves. If we are ready for this challenge, I can say that our character is strong. Because we don’t have fears, we are confident about what we are doing and we are ready for new experience. Extreme sport will give you inspiration and motivation to do new things. You will not be afraid to face any difficulties. This is a person with a really strong character,

Also I know few people who are not agree that extreme sport helps to build a character. These people are in general opposite new things and any challenge. They choose stable life with ordinary hobbies. Any challenge or unexpected thing will make them confused and embarrassed. I don’t think a person so can have a strong character or manage with any difficult situation.

So that’s why extreme sport is a good possibility to develop yourself and your character. Of course it’s important to understand that it can be dangerous and you have to pass some course or speak with a person who knows this thing. But in general if you do everything correct, I am sure people around you will say, that you have a strong personality.