**Day 1: Wednesday**

Being the first day, I started with using my dominant hand painting my left hand. Starting with this hand, I could ease my way into this challenge. Despite my excitement and eagerness to get it right, the first day had its struggles. I watched a tutorial online to know where to begin. I never could do this well, so I set realistic expectations. The hand got painted, but the quality of the job was far from perfect. To perfect this skill, I am practicing my motor skills and hand-eye coordination. I struggled keeping a steady hand towards the end. However, I had a respectable start on the first few fingers. From a professional, I needed to use much less nail polish and from the picture I sent her, the angle I painted my nails at could be much more effective in another way.

**Day 2: Thursday**

With advice from a professional, I went at it today with a new approach. I continued with the same challenge of painting my left hand with my dominant hand, because there were still many improvements to be made. After yesterday, I had a mixture of discourage and eagerness all at the same time. Focusing on my motor skills, hand- eye coordination, and the advice my nail technician friend gave me, I conquered today with much more grace. There was a significant decrease in the amount of errors I made. Cheryl, the nail technician, exclaimed, “Wow! That looks beautiful” upon seeing my progress. With more work to do, she left me with some ideas to make the final product even better than before. She suggested that I clean up my cuticles with an orange stick with remover on it. With her experienced eye, she also pointed out that I missed the edges of my nail when I put the clear coat on. By taking this into consideration, I could ensure that the polish will stay on much longer. For me, my struggle was that the polish had a low opacity which meant I had to put on more coats. Anxious that I would mess up just before I finished, I questioned whether it would be worth me trying. Doing what I knew would pay off in the long run, I painted on the third coat. To my surprise, I did not get as messy as I anticipated which counted as a great success in my book.

**Day 3: Friday**

The first day of painting my right hand with my left hand had its struggles. Because I took along the skills I had learned in the first days, it was not as bad as I thought. Mentally, I was very eager to try out my other hand, but my expectations were realistic. I knew that my hands would not be used to the movement. My hand, not being nearly as strong as my dominant was shaky. I felt like I had no control over the brush and the results showed. It could have been worse, but anyone could tell that the painting job was nothing more than mediocre. Cheryl assured me that, “Painting with your non-dominant hand takes lots of practice” and suggested that I should steady my hand, “...by using [my] pinky finger”.

**Day 4: Saturday**

Giving the green polish another shot, I was ready and hopeful to try painting my right hand for the second time. I knew it wouldn’t be perfect at all, but I had expectations of a steadier hand and cleaner work. With the technician’s advice, I dove right in and got to painting. Although there were some imperfections, from a distance, people may mistake it for a professional’s work. Cheryl claimed that it, “Definitely looks better. Make sure you have a bright light, so you can see what you’re doing. Try getting closer to the cuticle. If you get any on your cuticle or skin, use remover on a stick and clean up”.

**Day 5: Sunday**

Still convinced that I could do better, I decided to stick with painting my right hand only, again. I was much more confident with the process and felt nearly as comfortable with this hand as I was with the other. The only problem I ran into was that I had green polish from the previous day stuck on my cuticle, so the contrast between the rusty rose color on my nails and the green residue was an eyesore. My had was very steady, because I used the advice the technician provided me. Cheryl exclaimed, “Keep it up and you can come work with me”.

**Day 6: Monday**

I decided to take the next big step and paint both hands in one sitting. The idea of this was hard for me to wrap my head around because sitting still and focusing on something so detailed oriented when I have a lot of energy on a day like today, is difficult. Determined to get it done, I sat down to take on the task. Picking a new color, I had good feelings about the result. Unfortunately, I struggled with staying focused because I had distractions. Because of this, I messed up a few times and it required me to go back to fix the mistakes I made. It ended up taking longer than anticipated, but the result ended up being respectable. Cheryl stated that, “I have found if I do one hand completely, let it dry, then do the other, I get better results. Looks good, just try focusing on your polish around the cuticles. Furthering that, I asked where I could find one of these doodads that could help me with my cuticles. She said that any drug store or beauty store would do.

**Day 7: Tuesday**

With determination to stay concentrated on the activity, I was ready for the second to last day of my challenge. I wanted to pay attention to detail because that is where I had flaws in the previous days. I felt comfortable at this point, painting both of my nails. My comfort and confidence showed through my performance. This far, it was the best I have done. According to the professional, Cheryl, I should still, “...work on the polish around the cuticles” and that it, “takes a while to perfect it”. I had bought an orange wood stick to go around my cuticles, but it was my first time doing that, so it wasn’t the quality of work Cheryl would perform. For tomorrow, I will look up how to effectively use an orange wood stick because I didn’t feel like I was doing it correctly.

**Day 8: Wednesday**

The last official day of documenting my nails came with high expectations. I expected it to be what a professional may deem close to their standards. With my head high, I went right for it on my last documentation. Unfortunately, I struggled to follow Cheryl’s advice with my cuticles. My hands have yet to become accustomed to painting with intense detail. However, I have seen an improvement with my motor skills and hand-eye coordination. Cheryl commented on my work exclaiming that it looked “Great”, despite my struggles around the cuticle area. Being the last day, I had time to reflect on the progress that I had made. In my opinion, I have grown my skills that helped me be more precise when painting my own nails and over all, stepped up my nail-painting game.