THOUGHTS ABOUT
SERIOUS SUBJECTS

“Our life is what our thoughts make it.”
Marcus Aurelius

Here is a chance for you to give your view on some serious subjects. Twenty or thirty years from now, when you run across what you have written, you will be fascinated to read your thoughts from younger years. Write about your views.

Getting started

Choose from the questions below to help you write:

1. If you could change five things about your world, what would they be? Why?

2. If your parents are divorced, how have you handled that? Do you have advice for other young people facing divorce? What, in your opinion, would help make divorce easier for children?

3. Imagine that your house is on fire but your family and pets are safe. You have time to get one thing from the flames, safely. What will it be? Why?

4. What do you think is the most important problem facing the world today? Why? What do you think might help solve that problem?

5. What has been the most difficult problem you have faced or continue to face? Describe how you have tackled the problem.

6. Describe the spiritual side of you. Are you religious? Is church an important part of your life? Have your beliefs ever caused you any difficulties? How have your beliefs made you stronger?

7. What puzzles you? What is it you don’t understand?

8. What makes a “good” person? Explain.
"Tell me what you pay attention to and I will tell you who you are."
José Ortega y Gasset

If you are like most people, the face you show the world may disguise your true self — or tell only part of the story. Write about who you really are — your hopes, dreams, philosophies, worries, etc.

**Getting started**

Choose from the questions below to help you write:

1. What do you like to think about, read about, learn about?
2. What do you care deeply about?
3. Describe the emotional you. Are you pessimistic or optimistic by nature? How do you feel and show love, hate, joy, sorrow, satisfaction, anger, etc.?
4. What hopes or dreams do you have? What hopes and dreams have come true in your life?
5. What is your most treasured memory? Why?
6. What do you worry about?
7. What frightens you?
8. What kind of adult do you think you will become? What kind of adult would you like to become? If there is a difference between these two possibilities, explain why.