

Angela H.  
Grade 11, Tri-Rivers Career Center, Marion  
Second Place, High School Division (\$250)

### **The Past, the Present and the Future**

Life is like the world of work to me, because you never know what will happen next. Something bad could happen today. The world could be gone tomorrow. The sun is like the light at the end of the tunnel after something bad happens. Life is like when something is bobbing on the water, it can go underneath or stay afloat. Because life is unpredictable, my Law of Life is: take it one day at a time.

Worrying about the past is useful if it teaches you not to make the same mistakes over again. However, worrying about things you cannot change is useless. Worry is wasted if it cannot change anything. Worrying about things you cannot change also keeps you from going into the future. If something bad happens and it cannot be change some people hold on to the past forever. They hold on to the past instead of going into the future. They are scared of the future.

Just like worrying about the past can be useless, worrying about the future can be useless also. Energy used in over-examining yourself and worrying about the future is energy that could be used for thinking about now. This energy used worrying could be used for positive things like writing poems, reading books and hanging out with good friends.

*Thinking* about the future, however, is useful because you can stay one step ahead and think about the consequences. For example, I do not smoke because I know the consequences. When I was about 12, my brother stole one of my father's cigarettes and dared me to smoke it. Because I know the consequences of smoking, I chose not to join my brother I'm glad I followed my heart. My brother was caught and punished. Because I chose not to join him, I was let go with a warning. I obey the rules at my school because I want to finish my education and graduate. I will be the first female Hostetter to graduate from high school. To achieve this honor, I must plan for my future, but not worry about it.

Taking one day at a time is my philosophy of life - it is my law of life. I don't worry about the past. I can't change it, I can only learn from it. I can't change the future but I can look forward to it and plan for it. Each day you live you should live to the fullest.