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The Keys To Unlock An Extraordinary Life

People believe many different things; for example, the rules or guidelines we need to follow to live a pure and joyful life. Some people feel strength on the inside is that by which you need to live. Other people will say that spiritual purity is the cause of a pure and joyful life. Though both of these ideas are helpful and would make someone's life better, I believe that there is something more to have a life that you are grateful to live. The guidelines I believe would make everyone's life pure, joyful, and maybe even better would be honesty, respect, thoughtfulness, and self-discipline. To see why I feel these four rules are the keys to a better and more fulfilling life lets me explain.

Honesty is something every parent tells his/her child(ren) to have and that it is a good quality in a person. I feel that most of the time a parent(s) will tell their child(ren) this only because they want to be able to (as well as everyone else) trust them. Trust is a great result of being honest but with honesty there comes more. With honesty there comes courage. The courage to tell someone you made the wrong decision, you know something that is going to happen, or even you know something someone else did wrong. You can feel apprehensive to tell the truth because you don't want to face the consequences. The fright is usually the force that compels us to lie in the first place. The courage that comes with being truthful can also be used for other situations such as: Telling someone how you really feel, standing up for yourself, even just to simply tell someone no. Honesty is my favorite out of all four of my keys and will definitely be a characteristic that I stress to my children, if I have any. So, honesty is a great rule to live by because with it comes trust and courage.

Respect is something everyone should have for each other as well as for themselves. I think many people misconstrue the meaning of self-respect. To me it means to believe in your views in life, or to think you are coming from a good standpoint. To have self-respect isn't the same as being smug or vain, it's more innocent than that, so don't get them mixed up. I think it's a good thing to have self-respect because it motivates you, it makes you want to go out and do things because you aren't sulking around feeling sorry for yourself and it could bring an end to or prevent self-consciousness. I also feel that respect it self is misunderstood. Many people feel respect is just when you like someone for example; your friends or family, *this* feeling isn't respect. Having respect for someone doesn't mean you have to like them. I can loathe someone in my neighborhood, but I can respect them for being the kind of person that is blunt and will tell me to my face how they feel. The act of showing respect is *also* misinterpreted by people. To show someone respect isn't the same as being nice to him/her. It is treating him/her as you would want to be treated. Just like the saying "Do onto others as you would want done to you." So, I think if everyone had respect it would make the world a better place because you never like everyone you meet, but I bet you could find simple things that you can respect.

The next key in life that I would have to say could make everyone's life better would be thoughtfulness. Again, since you can't like everyone you come across it's good to have respect as well as thoughtfulness. Thoughtfulness I think could make everyone happy. If everyone was thoughtful, friendships would be stronger and everyone would probably have *more* friends. As a result of thoughtfulness people would know what to say as well as when to say it and how to say it. Though parents try and teach their children not to be effected by words with sayings like "sticks and stones may break my bones, but words will never hurt me" and "I'm rubber you're glue; whatever you say bounces off of me and sticks to you!" Words can still get to the core of some people. Thoughtfulness could solve this problem because if everyone was thoughtful no one would say something that would be intentionally hurtful. Thoughtfulness isn't just about saying the right things (for one, being thoughtful doesn't mean you will or can *always* say

the right things...we are still human) it's also about action. If people took more thoughtful actions such as volunteer work and/or charity the result would be awe-inspiring. There might not be as many people dying or living under horrific conditions. If everyone was thoughtful, everybody would be better off.

The final key to living a pure and joyful life would be self-discipline. Anyone can say they know what would make the world a better place, but it takes self-discipline to actually do them and keep them up. For example, everyone knows that honesty is a good quality but not everyone is honest; if everyone had self-discipline there is a good possibility that everyone would be truthful. Self-discipline doesn't just keep up the good qualities in a person it also gets the job done and can make dreams come true. There are a lot of lazy people, it's most likely because they don't have self-respect or self-discipline to get them to actually do what they want to do or what they are thinking of doing. So, with self-discipline you can keep up your good qualities as well as get the job done.

In conclusion, I feel the keys to a good life are honesty because with it comes courage and trust. Respect because it motivates you and would make the world somewhat friendlier: Thoughtfulness, because it would also make the world a better place and less people would suffer. And finally, self-discipline because it gets the job done as well as keep up your good qualities. I want my children to have these qualities, as well as myself, and everyone else for I believe these characteristics would make everyone's life better.