

# Belief

Monday, September 12, 2022

8:15 AM

1) Make a list of TEN things/concepts/people that you believe in why you believe

- **Have a mindful goal and strive to reach it**
- **Always spread positivity**
- **Have some respect**
- **Family and friends**
- **Strong leadership**
- **My metrocard**
- **Belief in Islam**
- **Glasses**
- **My phone**
- **Teachers at elementary, middle, high school and professors**

2) Write about a time in you had to stand up for what you believe in by using your words/language-what did you say? How did it feel. Go into detail

**About a few years ago, I met a person in the train station. We talked for a bit, then suddenly he asked "oh do you vape"? I was a little shocked when he said that, but I replied "no". He started to grin and said this, "oh that's a shame, wanna have my vape pen"? I knew I have to say no, but I was almost peer pressured that I want to try it. "Listen, you won't get to experience vaping. Telling me no will mean you'll miss out". I felt scared to answer, but I have to give the best possible answer to tell him no. I have to tell him I don't want any harmful chemicals in my lungs, also because my religion does not recommend putting chemicals. After that, we stopped talking.**

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