

Wajih Chowdhury 10/26/22

Wednesday, October 26, 2022

8:20 AM

1) Freewrite

On my notebook

2) Write at least ten things that are worrying you

- a. Having bad grades
- b. Forget things I should've done
- c. Being guilty
- d. Losing my money
- e. Losing my personal things
- f. Not being in time
- g. Missing out on things I wish to do
- h. Not being myself
- i. People not being themselves
- j. Looking at the stock charts

3) Write at least ten things you are grateful for

- a. Getting money
- b. Getting good education
- c. My friends
- d. My parents
- e. My siblings
- f. Getting things I wished for
- g. Being born
- h. Being the best version of myself
- i. Being Muslim
- j. Great taste in entertainment

4) What does the term "Integrity" mean to you? (1

paragraph, 3 examples)

Integrity means become honest and having moral principles. For example, you made a promise that you would never drink or smoke. That is because you don't want to have any more health problems. Another example is when you want to tell on someone you don't feel it's right. To rephrase it, you told on someone's mom that he's been smoking weed. Finally, you want to tell someone the truth about something that is right.

- 5) What does the term "self-respect" mean to you? (1 paragraph)

Self-respect means that you love and respect yourself. An example would be that you are working out. You probably are thinking you are working out to get girls, but in truth, you are doing this for yourself. Another example is when you are going to therapy, to focus on your mental health. Finally, you made some rules to yourself to never take any substance that could potentially harm your body.

- 6) What does the concept "freedom of thought mean to you and to society at large" (3 examples 2 paragraphs)

To me, freedom of thought means to have your own opinions. Whether if my opinions are good or bad, I could still proudly present my opinion. Let's say I want to voice my opinions on the presidential debate between Donald Trump and Joe Biden. Or, I would support or go against my current president, Joe Biden. But mostly my opinions are basically which one is my favorite.

—

In society, freedom of thought means the same thing. But because of the world we are living right now, society always reacts to the terrible events we have. Groups of people may agree or disagree with the event they react to. That is called opinions.

- 7) Write about a time in your life that changed your perception about your self-respect you or someone else integrity or challenged your beliefs about freedom of thought

One time, I heard one of my former friends who is joking about 9/11. Well, this was during 6th grade. To be honest, I was the one who laughed at my friend's joke, but I was unaware of it. After I learned the history of 9/11, I decided to stop laughing at his jokes about 9/11. I told him, "Isn't it getting too old, think of some other joke"? He was pissed at my response, but I don't care. I believe 9/11 is something to not be joked about because of the lives lost. Especially events that have huge death tolls.