

# Experiences from my life

Sociology



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Experiences from my life To lead a peaceful and healthy life it is necessary to follow certain moral values and ethics. Living a life with a purpose is always more fulfilling compared to mere existence without any goal or ideals. My life can be described as a principled life based on the values, ethics and culture which I have largely inherited from my family. Humility, patience, respect, honesty and loyalty are some of the virtues and ethics that I have learnt and striving to uphold in my life. Hailing from a family that upholds values and family tradition it was only natural for me to imbibe those in my life. Right from a young age I have been taught these values and constantly reminded to follow them in my day to day life. As I have learnt the importance of these values early on it has been easy to emulate them and ever since I truly understood these moral values and culture I have been striving to adhere to them. This life is a god given gift and we ought to spend it wisely and earnestly. Through my life experiences I have learnt that leading a principled life has a lot of positive effect on the mental and physical well-being of the individual. In addition it also helps to cope with difficult situations in life. I have also faced several setbacks in life but the moral values and principles that I believe in have given me the strength and courage to face them with a positive spirit and overcome them with right reasoning and tact.

Youngsters of the present generation are being lured into all kinds of addictive habits that have damaging effects on their lives and career. It would be very tempting to tread the negative path initially; the actual effects would only be felt later on in life but then it would be too late. Leading a principled life would teach us self-control which would help to refrain from such activities. There is no doubt that the modern world is becoming more unsafe and ruthless due to the dwindling beliefs in family values, culture, <https://assignbuster.com/experiences-from-my-life/>

tradition and ethics. Violence and criminal activities have also reached a peak. When closely observed the people behind these activities would be those who have lived their lives without any set values or principles which are largely imbibed from family. The increasing divorce rates resulting in broken families can also be attributed to similar factors and children hailing from broken homes by and large resort to deviant activities.

Life has become more materialistic and people are ready to go to any extent to achieve materialistic comforts in life. In the process people forget that apart from material comforts mental peace and happiness would provide more contentment in life. Mental well-being can be realized through principled living and by practicing moral virtues. I strongly believe that adhering to one's values and principles can definitely help people to lead a healthy and prosperous life. Having imbibed strong values from my family and peers I ensure that I follow them in my day to day living. Family elders can teach us a lot from their life experiences. Young children and adults need to spend more quality time with the elders in their family and consult with them prior to making important decisions. This would enable the youngsters to make wise decisions and also create a healthy atmosphere for co-existence within the family. Practicing moral values and ethics gives more clarity and substance to one's life in addition to the immense self-satisfaction that is achieved. Family values, culture and tradition also help us to remain grounded and humble irrespective of the money we earn or the lifestyle that we follow. Involving family members while making important decisions and practicing moral values in our day to day living without making any compromises are some of the ways by which I intend to live my life. The money and laurels earned in life can never compensate for the goodness and

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love that you can earn from family and peers. In addition, in order to pass on family values and tradition to our progeny we must first inculcate it in our living and be good role models for our children. The future generation is in dire need for all these values that will help them take the right path in life.