

The Good Life

There are many ways to lead a good life but there is only one way to live The Good life. The Good Life is one that leaves an individual with no regrets. It is achieved through self-improvement, complex and rational thought, and connecting with others.

The most personally gratifying way to live life is through self-improvement, and The Good Life is satisfying. Albert Einstein once said, "Strive not to be a success, but rather to be of value." If an individual focuses on improving their talents they can help benefit society and simultaneously live a satisfactory life. My senior exposition project specifically allowed me to live this principle. I love to draw, and wanted to improve this skill, so I chose to illustrate a children's book. The book was then sold and the profits were given to charity. By taking the time to improve myself, I was able to impact the world in a positive way, which provided me with a satisfying sense of pride and accomplishment. The Good Life is lived by finding fulfillment in self-improvement.

The Good life is characterized by complex and rational thought. People are constantly making choices, and if sound reasoning is not practiced, it is easy to make mistakes when it matters. Charles Beaudelaire claimed that, "Everything that is beautiful and noble is the product of reason and calculation." It is not enough to live life passively, leaving things to fate. To achieve anything of real substance and to live The Good Life, one must make proactive choices based on careful pondering. One of the biggest choices I have made is choosing where I went to high school. I thought realistically and used careful reasoning, while also considering my personal feelings. I decided that Xavier was the best place for me to live The Good Life, and

I have never regretted it. Using rational thought to make that decision has helped me to lead The Good Life.

The necessary ingredient to lead The Good Life is by making connections with others. No matter what one does to improve themselves or what reasoning they do to make good decisions, it is minimally effective unless it is shared with others. At Xavier, I was able to do this through the house program. In houses, I was given the opportunity to regularly interact with those outside of my grade and share my experience and knowledge with them. I know that this has made a positive impact on the younger students in my house, especially the ones that are struggling. By forming relationships with them, I have learned how to be an effective example of living and sharing The Good Life.

Living the Good Life and having no regrets is possible through bettering oneself to better the community, using rational thought and reasoning to make effective choices, and sharing our knowledge with others through the connections we make with them.