



## PERSONAL PHILOSOPHY

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Everyone experiences life's ups and downs and it's not too far out to have a personal philosophy that you can call your own. Although we may not really be aware of this, we all have personal philosophies that shape our life and how we view the world that we live in. We all have our own interpretation of all the events that happens to our life. Whether it is good or bad that we are experiencing, what really matters is how we react to these situations. It is the one that really counts most.

Our personal philosophy is the way we live our life, or how we live and go by it. It is finding out what principles in life do you adhere to. It also includes what viewpoints we have in life. Together with our personal philosophy comes our set of values. We are not only talking about a set of doctrines to carry out in disciplinary measures when we talk of philosophy. It is a certain kind of thinking that every individual has.

Personal philosophy is not only our way of life but it is also the frame of our mind which sets our perspective on all the things about life. As a matter of fact, philosophy has shaped the foundations of all human life and thought. It creates a great impact in our life even during our childhood years and it also constantly changes and builds our knowledge and line of thinking. Yes, it develops right from our childhood that is by our parents, in school, in people that we meet and many other things. Our life philosophy is what distinguishes us from the animals. It is our ability to think and use a thought, to elaborate on our ideas and not act on our instincts.

According to how the dictionary defines philosophy, it is the love and pursuit of wisdom by intellectual means and moral self-discipline. It is a system of values by which a person lives. Our personal philosophy helps and enables us to become a person with a clearer and more logical manner. Philosophy then is one of our defining qualities of what it means to be human. Developing a personal philosophy helps and enables to gain new ideas and will eventually help us reach our goals.

As for me, I have learned to live my life through my personal philosophy, no matter what happens, even if everything goes wrong, I just keep on moving and live for good moments. I just fill my mind with a lot of good things. Yes, move on and be optimistic and lastly, I have learned to do just what is right no matter what cost it will take. So it's about time for us to try and develop our own personal philosophy.

Questions for discussion:

1. What is the role of personal philosophy in your life?
2. What influences your personal philosophy?
3. Have you learned to live your own personal philosophy? How?
4. What is your personal philosophy in life? Explain your answer.
5. Does your own personal philosophy define your ideologies in life? Why or why not?