

Life Messages

We all know about rules, and we sometimes get tired of them: “Don’t chew gum in class.” “Don’t hit your brother.” “You cannot watch television until you’ve done your homework.” Those are rules about school or home.

But there are other rules that are perhaps more important. Those are the sayings, proverbs, and messages about life that we grow up hearing from parents, teachers, and other adults. They are often so much a part of life that we don’t even notice them.

These life messages aren’t the big rules, like “Do not kill,” or “Do not steal.” Most of us have little trouble not killing and not stealing on any given day. Instead, they are rules about day-to-day living. They are the rules and messages that, over the years, have an enormous impact on our daily lives.

See if you can remember some of the messages you have heard growing up, listing them in the space below. Here are a few examples:

- Life isn’t fair.
- Don’t be a quitter.
- Share.
- Let your conscience be your guide.
- If you can’t say something nice, don’t say anything at all.
- It doesn’t matter what everyone else is doing; you aren’t everyone else.

After you complete your list, write about those messages. How do you think they have affected you? Do you believe them? Why or why not?