

For a Better Quality of Life: Let's Get UP to the Truth

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Many of our country's existing problems largely stem from our deficiency in self-knowledge.

I find it troubling that as children we are taught *multiple* levels of math and science, but most of us would not be able to articulate how we felt inside, or express what makes us who we are, *if* asked. It simply does not make sense to maintain a curriculum that covers many levels of algebra, yet completely disregards the crucial subject of life and communication skills. **Because no matter what line of work we ultimately choose, the latter are the skills that every single one of us will undeniably use in our lives.**

It is time to stop concentrating solely on the correction of our problems and work hard on the *prevention*. Let us create an environment (in schools and homes) that validates us as individuals right from the start - an environment that cultivates emotional intelligence (the skill of perceiving, understanding, and managing emotions and feelings), and teaches us vital life skills, creating a solid sense of self-worth in all of us.

So, we must learn to get up to the truth in being truthful with ourselves (minus the harsh judgment). This is called "emotional self-responsibility." It may be a bit challenging to face this truth at first, but with practice it becomes easier - our needs and situations become clearer, and our goals more attainable, when we take ownership of our true thoughts, fears, intentions, and actions/reactions. **This is from where true success grows, and we deserve to live our lives armed with these precious skills.** But these skills must be taught to us - we can not be expected to instinctively possess them.

People can not truly be at peace until we learn to get to the root of matters: the self. This may sound idealistic, but it is also a fairly straightforward concept. And since we have the intelligence and means to send people for leisurely visits in outer-space, we can at least try to develop an initiative that supports this objective from now on.

We can not create a flawless world, and there is no perfect answer. But if we direct our energy and passion toward a common goal, making the above concepts a learning priority, we may very well end up with the better world we are all independently trying to build.

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Only when we commit to the development of emotional literacy in our youth will we have truly begun our journey towards a more peaceful society.