

Young People Can Impact Our World

Picture this... what if? What if children could forge their remarkable path that could change the world? What if children could form younger minds to help change the world? What if we can be fierce, we just need to get off the tech, look deep into nature, and find that spark? Imagine...finding the thing you love...commit to your passion, not addiction. Find the thing that makes you, you. I strongly, passionately, immensely, absolutely believe that young people can make an impact in our world. It is a certainty.

Happiness... don't you wish that you could feel that way aaaaaalllllllll the time? Fortunately, I have the answer. ONE! You can make someone's day with a little act of kindness, you can make them happy, and as a bonus you feel as joyful as them! There isn't enough happiness in this world, spread it, like a virus (but don't spread an actual virus. If you have one, stay home until you're all better.) Here are some ways you can be kind: greet someone with a smile, give them a compliment, and wave. This is only the beginning of kindness. Cover them in sunshine. Shower them with good times.

Health is something you must keep on top of. Being healthy is a need. Being unhealthy such as being on video games all day long is SUPER UNHEALTHY. Keeping things bottled up, no exercise, staying inside, no hobbies, no experiences, in the short version: you basically have no life and no health. On the other hand, health comes in lots of ways, possibly trillions such as smiling, laughing, going to bed early, having an open mind, bonding with family and friends and a bazillion more! Mental health is something THAT YOU MUST HAVE! Meditation and yoga are awesome ways. A routine is a great way to get your life in order. What are you waiting for!? Get out there and improve your health! Don't let anything get in your way! Get outside! **BE HEALTHY!!!**

Knowledge wise isn't something you're born with, you must learn it. Learning is an experience. You can learn how to take care of an animal. You can learn how to play games, sing, and draw. You can do anything! Your talent can be your job. You can make a worldwide company! And you might fail, but it doesn't mean you can't do it. It just means you are learning. Don't give up. I love the quote 'if you fall down 9 times, you got to re-access your walking because something's wrong'. Use this quote to improve your life. You can do anything you just got to do it. Together we can open a book into a whole new world.

WHAT ARE YOU WAITING FOR!? GET OUT THERE AND MAKE SOMEONE'S DAY!!!

By Tejaia