

The aspect I have chosen to change in American society is that of constantly being on the go, because as American's we never take the time to settle down and truly enjoy life. If we do take this time however, it is considered "time off," meaning we eventually will forget to enjoy life once our break has ended.



To us, time is always ticking. In order for us to change this idea however, we must slow down and remember where we are in life. As American's, we need to forget about one day "making it," because although the destination is great, so is the journey. We can do this by consistently reminding ourselves of how amazing it is to wake up everyday and be alive, as well as the beauties of

having our families, pets, and little things that make us happy.



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