

# What Rules Guide Your Life?

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*This I Believe* interview assignment

The rules that govern our lives are often the same rules taught by parents and respected role models. Sometimes the “tapes” that play in our brains are memories of familiar quotations, words programmed into their subconscious minds through parental repetition and/or personal reading. To help you compose a clear statement about the foundation of your individual philosophy, compile a list of wise words that you have heard spoken by others or encountered in their reading.

Interview a parent or role model who has made a lasting influence upon your way of thinking and acting.

- You might begin this interview with this open-ended question: “As the time grows near for me to leave home, what is the most important message or belief that you hope I will take with me and remember throughout my entire life?”
- Listen carefully and take clear notes on what this adult says, just like a reporter investigating a news story.
- Ask probing questions in this interview so that you will understand exactly why the adult has chosen this specific message and how the adult has tried to follow this personal advice in his or her own life.