

Philosophy

Everyone has a certain way of looking at reality.

Your own viewpoint or philosophy is the collection of your opinions, beliefs, and thoughts about reality. For example, you may think that God exists and that people have dignity. Or you may believe that school is stupid and that only material things exist. These thoughts are your philosophy, and they determine how you see the world.



For example, if you think God exists, you will see the world as His beautiful creation. But if you think that only material things exist, you won't believe in God or angels, because they are spiritual.

Your philosophy is like a pair of eyeglasses. With the right glasses, you can see the world clearly. You know what things are when they appear to you, and you can navigate around obstacles well. Likewise, with a good philosophy, you can see reality clearly. All good philosophy is based on the truth. You know what is true when it appears to you, and you can navigate your life well.

Example: If you think working hard is honorable, you will grow and be respected by many. This philosophy will help you reach your goals and further your happiness.



However, if you have a bad pair of glasses, you won't be able to see things clearly. You may even bump around and stub your toe because everything is fuzzy. Likewise, a bad philosophy is one that is not based on the truth. It will lead you down bad paths that will ultimately end in confusion, frustration, and unhappiness.

Example: If you think working is too hard you will not grow, which may later hinder you from achieving your goals. Having a bad philosophy will lead to frustration.



Having the right philosophy is critical for knowing the truth and living a happy life.

Journal Reflection

In order to have the right philosophy, you must ask questions. **What burning questions do you have?** Maybe they are about God, suffering, or the Church. **Have you tried to find answers to them?** Write your answers on the journal page. [Journal pages are available on the parent and student portals.](#)

Challenge: Talk to your teacher about one of the questions you have. She may not have an answer immediately, but if so, encourage her to research the answer and get back to you.