Mackenzie Badua

American Studies

U.S. History

1 September 2020

Growth is optional

Mike Pence accurately summarizes the importance of American values when he states, "more than anything else...we need to be willing to fight for freedom, and free markets, and traditional moral values". As a whole the world need to be determined to strive for what they want, it's not going to be easy, but its going to be worth it. Americans today are not living up to the value of time/control and equality, which came from the Declaration of Independence, the Constitution, and the Puritans. Time/control in the eyes for the vast majority believe this value is made up from the foundation that leads to success and survival. Equality shows equal opportunity for people from all walks of life, but still these significant values are not lived up to today in Americans current state. By embracing each experience, staying determined, working hard, having respect and honesty the world as a whole will be able to positively apply the American values into our society. Although American values don't just represent America, they show the value of our education, dignity and diversity. Time/control and equality are not being lived up to today, but it is important to find growth within to create change worldwide.

Time/control is what revolves around what makes an American accomplish their high goals, although it is negatively impacting the lives of many. As time/control is a key events that leads to success, there is a point where these values can take over what makes the world so special. Author, Andy Singer sadly expressed how, "studies show that Americans work

longer hours and have more stress-related illnesses than their European and Japanese counterparts." This shows how the majority of Americans are overworking, which directly connects to the mental and physical state of the citizens in American. Anxiety, heart disease, depression, sucide and other devastating diagnosis are substantially increasing due to the amount of stress put on everyone. As a whole, everyone strives to be the best they can, although that sounds like a positive to be celebrated upon, it is a negative factor of how Americans are not living up to American values. People are pushing away quality time with friends and family, which is causing bonds to broken and stress to increase. On the topic of work and family balance many of Americans need to understand, work leads to negative factors and a lower quality of life. In life people should take time to enjoy the beautiful area around them to bring life into perspective. The value of time and control is what is causing even young children to be brainwashed, which shows how much this value is not lived up to in Americas current state.



Equality leads to more humanity, hope, love and acceptance, but this value is not being lived up to today in America. In 1776, when the Declaration of Independence was ratified the value of equality was meant to bring the pursuit of happiness, liberty, and equal rights, but today the world has yet to grasp the focus that all people are created equal. As one the people should feel safe with the beliefs they live by without feeling like they are going to be killed or threatened. Mike Massaro after watching the news discussed how a news reporter announced,

"dozens of educators marched through the capitol demanding systemic change and racial equality". This sums up the passion so many individuals have to fix the equality in the world. The problem is, change can never occur without everyone thoroughly analyzing the issue that is drastically impacting crime rates, happiness, freedom and overall love. The world needs to recognize that all individuals are strong, but together they are stronger. Equality shows that everyone is incomparable and unique. Osho, an intellectual man once remarkably stated, "nobody is superior, nobody is inferior". Everyone should have equal opportunity and a chance to be the best they can be without being judged. To add, equality leads to opportunity, which will eventually lead to the justice that people fully deserve. The characteristics that make up each and every person is what people should be appreciated for. People should never be shamed for their beliefs, color of their skin and values. There is nothing complicated about equality, although still this value is not being applied fairly in America's society.



Time/control and equality are two important values in America that are being overlooked and brushed aside. Equality every since the Declaration of Independence shows how much this value can bring justice and happiness into our day to day lives. Equality will lead to opportunity, freedom and also connects to all the other values that make the world a better place. Time/control creates people to work for better, accomplish goals and strive towards success.

Time is valuable, which is why it is significant in people's lives. Progress in America can never occur without change, which is difficult, but at the end it would be worth it. At any given moment in time people have the option to create growth. With that being said, these values need to be fixed and change, although growth is optional, therefore it is all up to the people. These values are extremely powerful, although they are still not being applied to the world.



Citation

Massaro, Mike. "Protests Continue At State Capitol." *NBC Connecticut*, NBC Connecticut, 5 June 2020

www.nbcconnecticut.com/news/local/protests-continue-at-state-capitol/2282969/.

"Race Report Statistics." Race Report Statistics | Equality and Human Rights Commission,

www.equalityhumanrights.com/en/race-report-statistics.

World. Here's How We'll Change That." Forbes, Forbes Magazine, 2 Mar. 2018,

www.forbes.com/sites/cartoonoftheday/2018/03/01/the-us-is-the-most-overworke

d-country-in-the-developed-world-heres-how-well-change-that/.