

The Butterfly Effect

(Original)

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"To the world you may be one person; but to one person you may be the world." These are the exact words spoken by Dr. Seuss that are praised by many, myself included. Personally, this quote inspired my take on how youth can create a peaceful world. It helped me realize that we don't have to do much to create a peaceful world- all we need is a little love. I realized that a peaceful world is one where everyone loves themselves and does the same for everyone else. We can be the world for one person in simple ways like spending quality time with them, which contributes to the idea of a society of serenity.

In addition, I believe self-improvement and self-love are the foremost steps in creating an ideal future. Once one can love themselves, they start appreciating others more because one can love themselves no matter the hardships, failures, and rejections from others. In other words, one can spread love and hope to everyone around them, and it even comes naturally with the idea of self-love set in place. I can already hear the thoughts and questions about how this can affect the whole world, but it is important to know how to start small and work our way up the scale. Just like the butterfly effect, one simple act of kindness can spread love and peace in wondrous ways we would never expect. Whether that be in one city, 30 states, or the whole world, only time will tell. However, it is our job to be patient and continue choosing love over hatred in our daily lives.

Personally, on days I spend my evening journaling, doing a facial mask, and overall taking care of myself, I feel accomplished and willingly spread my happiness and positivity to my family at dinner. I talk more in dinner conversations by sharing what I'm grateful for, or how my day went, and I also try to get others to contribute, by asking how everyone is or how their day went. Contrary to this, on days I waste my time scrolling through my phone in bed, I feel unworthy, which leads me to exert negativity toward others around me. On days like this, I might be less talkative at dinner or unwilling to help with dishes, for

example. So, if one person has the capability to affect others in various ways, why not make it positive?

To wrap it up, with a simple act to another human, you can be the world for them, which is all that is needed to create a peaceful world. Loving yourself and knowing your worth can also serve as a solid foundation for sending warmth around. As I mentioned, the most necessary characteristic needed is patience and diligence in the hope that the world will become a little more peaceful, one act of kindness at a time. Although this small-scale idea may not solve world hunger or stop the next war from happening, it can most definitely lighten up the world by spreading a little love to someone's day, whether that be yourself or others around you.

This is my definition of a peaceful future created by youth- simple, achievable acts of kindness and love to spread serenity and hope to many.