

Socrates: The Unexamined Life Is Not Worth Living

Good morning respected Principal, teachers, and my dear friends.

Today, I am here to share a timeless idea from one of the greatest philosophers in history, Socrates, an ancient Greek philosopher from Athens, often regarded as the father of Western philosophy. He believed that the most important journey is not through the world, but within ourselves. His simple yet profound words continue to inspire people even after 2,400 years: "The unexamined life is not worth living."

At first, this sounds strange. We all live, study, work, and dream. So what did he mean?

Socrates believed that simply existing is not the same as truly living. A person can spend an entire lifetime following habits, social expectations, and the opinions of others without ever asking a single important question: Who am I? Why do I believe what I believe? What kind of person do I want to become?

We live in an age where information is unlimited but reflection is rare. We scroll endlessly through social media, compare ourselves with strangers, and chase success defined by someone else. Yet very few of us pause to examine our own thoughts, values, and purpose.

Socrates did not claim to have all the answers. In fact, he famously said, "I know that I know nothing." His wisdom came from

questioning, listening, and remaining open to learning.

Imagine standing in front of a blank canvas with every color available, but instead of choosing your own, you simply copy the strokes of everyone around you. The painting may look impressive, but it will never be truly yours. An examined life is the courage to pick your own colors and create a life that reflects your own values rather than the expectations of others.

So today, before trying to change the world, take a moment to understand yourself. Ask the questions that are uncomfortable. Doubt the beliefs you have never examined. Have the courage to choose your own colors.

Because in the end, the world may remember what we achieved, but only we will know whether the life we lived was truly our own... or merely a copy of someone else's.

Thank you.