1. Put others before yourself, this is probably a quote you have heard many times before, whether it would be from your parents trying to raise a respectful kid or from movies and tv shows trying to influence children to be good people. Being helpful is a great skill to have but remember at whose expense. Influences have taught us to be selfless and giving and that could be dangerous for our health.
2. What does it mean to be a good person? The text book answers will tell us to be kind and humble, giving and selfless. The problem with this is, all these actions are to please others and to give yourself a flawless appearance. But what we need to realize is I (meaning you and me) are more important than anyone else in your life. We get into trouble when we take this concept to mean that we should run ourselves ragged taking care of everyone else, and we should ignore and even neglect our needs in favor of caring for the needs of others.
3. You would think putting yourself first would be a natural instinct something we do without a second thought- but for many people it’s not. You should be the most important person in your life. Often times we consider the negative effects of our decisions on others before we think of how they are detrimental to ourselves. It’s a well-known fact that stress is harmful to anybody’s health, it can cause anything from headaches to depression and unfortunately people who are more selfless tend to be more stressed. Due to the fact that now, you are not only worrying about your problems but everyone else’s.
4. I am here to tell you a little secret the only reason society tells you thinking of “me” first is selfish is because it wants you to stay in line. Not only is it ok, it’s vital because when you tend to your own physical/mental/emotional needs first, you place yourself [in the position to be *actually*selfless](https://www.bustle.com/articles/75715-what-hillary-clinton-can-teach-us-about-self-love-because-she-knows-a-thing-or-two-about).
5. As hard as it is to admit, you can’t save anybody and nobody can save you. It is one of the hardest things to admit as a person. But keep in mind who has to live with the consequence of your choices and if that choice detriments you, how does it affect your life?
6. Now, I’m sure that voice inside your head is probably thinking that’s hella selfish, but I’m here right now telling you it’s not!  It’s a way to ensure that you’re making the very best of your life and not inadvertently causing yourself harm
7. Have you ever failed a test or something that you really wanted just didn’t work out for you, but you still put on face for others not to burden them? It’s an important truth that if you fail to take care of yourself, both physically and mentally, you may find yourself facing an insurmountable setback. Putting yourself first doesn’t make you a bad person, this was a controversial debate in our class in reference to *The Kite Runner.* Our class was divided into whether Amir was a bad person for putting himself first over Hassan. This isn’t the only time our class has discussed being selfless vs selfish. Now I don’t know if you remember our class “conversation” (although it did get pretty heated) about a plane crashing on a mountain and whether you would save yourself or put yourself in harm’s way for others. I still think of this conversation- probably more then I should. A lot of you were shocked that I would leave a friend to die if it meant I wouldn’t die with them. But I don’t think you were all as shocked as I was that you wouldn’t?!
8. People who know me will tell you I’m not the most caring person, I will generally put my problems in the forefront of my mind before yours. Not that I don’t care about what’s happening in your life it’s just I’m more important to me and I believe that’s how it should be.
9. Who openly admits that?! You might be thinking. I do! Victoria Corrado, what went wrong in her life that makes her so heartless, well I’ll tell you. Absolutely NOTHING! It’s all I’ve ever known. One of the biggest influences in my life has taught me the exact opposite of what a child “should be learning” All my life my dad has been a distant man. Now! Don’t get me wrong he is an amazing father who I know loves me but never one to outwardly display his affection.
10. My father will undoubtedly give you a helping hand when needed but of course this is not at the expense of him. One of his favourite things to tell me, my mom, my brother is “build a bridge and get over it.” As a kid this was a hard lesson to learn but I am very proud to say “I don’t really have time for your problems” because I know I deserve the best for me. And I am unapologetic about that.
11. I know he would hate this sentimental crap, but I want to thank him for showing me that I am the most important person in my life. He has taught me to be self-confident, independent and my own person and that’s where I’d like to think my strong personality comes from. Putting myself first is one of the best things I could do for me and for others because if my mental health, my emotional health, and my physical health are my top priority I am the best person I can be. I am everything my parents want and everything that society has been teaching us. Being selfish is the most selfless thing you can do.

Rhetorical question

Parallel structure

Ethos- personal story

Pathos- appealing to emotion

Logos- Appealing to the reader’s sense of reason

Classroom connection

Ethos – A personal story to show the audience you have experience or knowledge, so that a reader will trust you. My story involves my dad, as it allows for the reader to gain an inside perspective to why I have the views of my topic. My dad is a prominent figure in my life, and most fathers are in the eyes of their children, therefore hearing about what my father has taught me they can see why I believe so strongly in this topic and the audience will adhere to what I’m trying to convince them of.

Pathos - Appealing to the audience’s emotion. Most kids don’t really thank their parents for everything that they’ve done for by raising them to be who they are today. By thanking my father, I hope to captivate the audience, and get thinking about the impact of the lessons they teach us and how important you are as a person. Also by adding this, it relates the message as to how I am not angry at my father for being distant but instead praising him for teaching me I am the most important person and my health should come first

Logos - Appealing the readers sense of reason. Stress is known to be detrimental to your health. Having your problems brew in the back of your head creates stress on top of having others stress in your mind. By adding the facts of stress being dangerous for your health it allows the audience to reason with my points and see the perspective I am trying to put across.

Citation

Warner, Claire. "5 Reasons It's OK To Be Selfish Sometimes, According To Science." *Bustle*. Bustle, 14 Jan. 2016. Web. 29 May 2017.

Vozza, Stephanie. "4 Reasons Why Being Selfish Is Good for You." *Fast Company*. Fast Company, 07 July 2014. Web. 29 May 2017.

Dennison, Meg, and Tim Peek. "5 Great Reasons To Be Selfish." *The Huffington Post*. TheHuffingtonPost.com, 20 Apr. 2015. Web. 29 May 2017.