

Name _____



Living Examined Lives

One of the most famous lines from Plato's *Apology* is Socrates' claim: "*The unexamined life is not worth living.*" This statement has inspired debate for centuries. In this activity, you will reflect on what Socrates meant and how it might apply to your own life.

Warm-Up Questions - Answer in 1-2 sentences each:

1. What do you think Socrates meant by an "examined life"?

2. Why might self-reflection be important for individuals and societies?

3. Do you think a person can live happily without self-examination? Why or why not?

Journal Prompt - Write a **journal entry (8-10 sentences)** reflecting on the question: "What does it mean to live an examined life?"
