

What one of the following is the most important action for governments to take for the protection of the environment?

- Fund research on new energy sources such as solar and wind power;
- Preserve natural places such as forests and natural wildlife species;
- Pass and enforce laws to reduce the pollution produced by companies and industries.

(General introduction using the word decisions to group the information) An essential part of any government's mandate is to make far reaching decisions not only for the impact of the immediate future, but with an eye to creating sustainable living into the future. (I use choices in the second sentence to link to the first, and clarify the meaning behind the first sentence) Making the right strategic choices today will lay the foundations for future generations. (The next is a sentence that tells the reader what my paragraphs are going to be about) Something of critical importance therefore, is the environment, particularly energy, wildlife and pollution. In order to identify which of the three should receive more attention, each must be examined on turn.

(As started above the first paragraph is about energy) It has been many years since we advanced beyond the industrial revolution and our reliance on energy is only increasing. (Acknowledging the opposite point of view) Certainly, there are some moves towards the use of clean energy, (Highlighting an example) such as investments in wind farming and solar power, but there is still a large dependence on primary resources such as coal to meet the needs of industry. (Giving a reason why the above sentence is true) In part this is due to the pressure exerted by industry and minority groups on government decision making. To make a transition away from this practice, our appointed decision makers must seek out greener alternatives in order to preserve this world for future generations.

(As started above the next paragraph is about forests and wildlife) The preservation of our forests and wildlife is something that most people agree with. (Focusing on trees) Our trees in particular are the lungs of this world, providing us all with breathable air. (Highlighting an example) Planting more trees, investing in vertical forests and protecting our different species that populate this planet is something that we already have the capability of doing, and therefore must be pursued with a matter of urgency. (More information about example) These vertical towers have been successful in Italy and there are plans to create similar structures in China in the near future. This is responsible government.

(As started above the next paragraph is about industry) Regulating industry to be more environmentally responsible is often difficult to do, as it is industry that provides the backbone of an economy. Left unchallenged though, our planet would soon struggle to survive. Holding companies accountable for the environmental footprint that they leave behind is one of the best ways to ensure they limit harming the earth. (Highlighting an example of how to do this) This could be achieved through taxation, seeking out best practice and incentivizing change.

(Use your conclusion to clarify your answer to the question and link back to paragraph one) With the amount of attention given the environment these days, it is clear that we as a society are concerned about what we leave behind. Inaction is a recipe for disaster. Instead, those that we entrust in positions of power, must find an appropriate balance between policies in investments that are both immediately actionable and those that carry a more long term vision.

Out of the following three things, which one would you prefer to regulate in order to improve your health?

1. The kind of food that you eat;
2. The amount of exercise;
3. The amount of stress in your life.

(General introduction using the word technology to group the information) Technology today is no longer your friend, but a secret enemy silently stalking us. (I highlight 3 things in the second sentence to link to the first, and clarify the meaning behind the first sentence) It makes us work harder, steals our time and pulls us in many different directions. In fact, it has changed so quickly that most of us don't realise that we are often neglecting ourselves as a result of our inner need to stay connected. (The next is a sentence that tells the reader what my paragraphs are going to be about) In order to secret back the lives that we used to lead by looking after ourselves we all need to monitor what we eat, do regular exercise and reduce our stress.

(As started above the first paragraph is about food) With limited time it is often our diets that are the first to suffer. We start to make unhealthy food choices, opting for fast food as an inadequate substitute for fresh produce. (Acknowledging the opposite point of view) Certainly, this sometimes satisfies and immediate need or craving, but starved of essential nutrients, our bodies suffer. . (Highlighting an example of how to do this) Re-educating ourselves in the art of healthy shopping and cooking is the first step in looking after the vehicles that have to carry us through this life.

(As started above the first paragraph is about exercise) Exercise too, suffers because of our busy lifestyles. (Highlighting examples) We take an elevator rather than the stairs, drive a car rather than walk and sit instead of standing. (Solution) To circumvent this bad behaviour, we must first be aware that we are actively embracing it. Once there, we can make slow changes to give our bodies the necessary movement that they need.

(As started above the first paragraph is about stress) Stress is the cry that our bodies make to us, signaling the need for change. Bruce Lee once said, "That the greatest weapon against stress, is our ability to choose one thought over another". Each of us has the ability to change our present situations, even if that change is only initially slow and slight.

(Use your conclusion to clarify your answer to the question and link back to paragraph one) While it is important to control all three of these areas in our lives, trying to do so overnight will now doubt result in failure. Instead, a staged approach is the best way to improve our long term health. Doing a small amount of exercise and then rewarding our bodies with a healthy food choice is the first step in changing behaviour. As a consequence the stress associated with the lives we lead will subsequently be reduced or alleviated. Health is indeed a choice, and one that we can all make. To this end, I have started to turn off my cell phone more often and am starting to spend more time on me.

