

## ***Speech 2 Analogy: Planting Seeds***

*As adults, our daily choices can be like planting seeds in a garden. Just as the seeds we sow determine the type of plants that will grow, whether they flourish into flowers or wither into weeds, our habits can have immense impact on our futures, causing us to reap either negative consequences or positive outcomes.*

*Seeds represent our habits. Just as you water and nurture seeds so that they can produce a plant, we water and nurture habits in our lives so that they (hopefully) have some sort of beneficial outcome later down the road. However, while some seeds are sewn so that they may reap a harvest, others are sewn and can become rotten. Some seeds in our lives that are watered to flourish are daily exercise, reading, quiet time, healthy diets, and practicing gratitude. These are just a few habits when they are tended to, they produce positive outcomes like good physical health, peace, fulfillment, and positivity. On the other hand, there are many seeds that we create a bad habit of planting in our lives. Some of these are excessive screen time, unhealthy eating, toxic relationships, and minimal sleep. In college students, one of the most notorious bad habits we are known for sewing are the usage of substances like drugs and alcohol. These seeds may seem harmless at first, but when they become habitual, they can become weeds in our lives, making our good habits more difficult to nourish. Bad habits wreak havoc in our gardens and typically become pervasive to our flowers. The consequences of these habits not only affect our mental and physical lifestyles, but they have the potential to negatively impact generations that follow us. In conclusion, the analogy of planting seeds serves as a powerful reminder of the importance of our choices. During this time of extended freedom in our lives, it is important that we are disciplined enough to form healthy habits so that they can not only reap good outcomes in our lives, but in the lives of others that we leave an*

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*impression on. Seeds may be overlooked and undervalued, but seeds are what produce us the garden and harvest in our lives, which is why it is vital we pay special attention to the types of seeds we water.*

*Research shows evidence that 5-10% of children experience developmental disabilities within their first two years of life, a statistic captured by a 2021 journal article from Pediatric Researchers. Among these disabilities, cerebral palsy stands out as the most common cause of lifelong disability in children, affecting approximately 3 in every 1,000 births. While these odds may appear minimal, the reality is that the abuse of alcohol and other substances significantly increases the risk of adverse birth outcomes, including severe neurodevelopmental impairments. The seed of drug and substance usage is typically planted in the lives of college students, in which many of them are experiencing for the first time major exposure and accessibility to these substances. A statistical analysis published in the Addiction Group journal revealed that 13.5% of young adults aged 18-25 grapple with substance use disorders. While many may not plan to have children in the immediate future, the seeds they plant through their habits now can foreshadow major issues later on. Drinking and consuming alcohol can lead to a cycle that may cause abstinence from their usage more difficult, especially during pregnancy. The consumption of both are not only weeds in our current college lives, which make focusing on class, completing schoolwork, and our mental health at high risk, but they also have the capability of leading to detrimental consequences like having children with adverse birth defects. Just as a gardener's choice of seeds dictates the quality of their garden, our habits influence the health of future generations. If we plant seeds of alcohol consumption today, we risk reaping a harvest that will rot tomorrow. The purpose of this analogy is to educate young-aged adults of how small habits may lead to big consequences, some of which are irreversible for future kids to come.*

## *Bibliography*

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