**IDC4O Essay Topics:**

1. Organizational Skills
2. Business Communication Skills
3. Media Literacy
4. How to be physically healthy
5. How to be mentally healthy
6. “Inner Peace”
7. Reki
8. Mindfulness when it comes to relationships
9. The importance of Compassion
10. The Importance of meditation
11. The Importance of forgiveness
12. The Importance of fortitude
13. Biographical essay on a positive key figure other than the one you chose for the biography essay
14. Dreams
15. How to Heal Your Body (mindfulness in speeding up a recovery)
16. Other topic of your choice as approved by teacher