”Absolutism is the acceptance of or belief in absolute principles in political, philosophical, ethical, or theological matters." People who believe in absolutism have absolutes in their lives, certain things should be exactly the same every day. It can be considered as habit as well or discipline like making the bed. Even if a person is relativists, he/she may have few absolutes. Likewise, I am a relativists. That is why I do not have such absolutes in my day to day life. But the only absolute that I have in my life is to have my rice and daal for lunch and dinner.

Rice and daal is a must. Having rice and daal has become an absolute. I am from Nepal where these two are common yet a requirement. Rice and daal for lunch and dinner has become a staple in our culture. It might sound boring to have rice and daal every day for lunch and dinner and it is sometimes but if I do not have them something feels incomplete. It has become a habit. It's like morning coffee for some.

Rice and daal are the main diet of us Nepalese. Almost everybody has at least these items as their food there. I have been used having these items for food since my childhood. I might include other items along with these two though. It has become an absolute overtime. This absolute has highly been influenced by the culture, lifestyle and people around me. This is my absolute and will probably be one for quite some time.