

5A15_Tsang Hiu Tung_Speech_ What are the most important things in life?

Good morning, Principal, teachers, and fellow students,

It is my honor to speak to all of you today. My name is Chris Wong and today I'm going to talk about the things that are important in my life and why I think they are important.

Firstly, it is obvious that health is the most important thing in our life. Health can be divided into two parts which are namely physical health and mental health. At a young age, most of us think little of the irreplaceable harms which are brought by unhealthy habits like staying up late, eating too much junk food and frequent usage of electronic devices at the expense of sleeping time. We will be easily out of shape when we are getting older due to the accumulation of unhealthy habits. Whenever people hear this idea, they probably think there is nothing we can do because of having busy schedules of studying and working and we should do our best to gain more and earn more while we are still young. Well goes an old saying, "You can't enjoy wealth if you're not in good health." It is proved clearly that health is more important than wealth. For mental health, everyone knows life is full of stress and we often feel depressed being obsessed with these bad things. If we always think negatively when being a blind, we will find that life is meaningless. Therefore, we should pay attention to our mental health and live beautifully.

Secondly, I think kindness also is an important thing that we should use all our time to learn and persist. You may ask me why I choose this good character among various others like courage, diligence, and politeness. In my opinion, I think good characters are mostly derived from kindness. Have you ever heard that kind-hearted people would meet friends like themselves? Being a kind person can help you form good interpersonal relationships because you gain respect and trust from others. Furthermore, we may easily give in to the temptation of evil things when we lose ourselves in a society that is full of limitless greed, desire, and ambition like lying and setting others up. I think it is obvious that no one wants a life with infinite guilt. Besides, kind persons can easily feel satisfied and grateful to the things around them and own happier lives than others. Despite the nothingness, kindness means everything to our lives.

All in all, the foregoing are the things that are valuable in my life. For me, I consider two important things in my life from a long-term perspective. How about you guys? I hope everyone here can find the priorities of lives and live wonderful lives. I would like to finish my speech with an old saying, "You only live once but if you work it right. Once is enough."

That's all I have to say. Thank you.