

5B (4) Jiang Chuanyuan

The most important things in life

Good morning everyone.

I am Chris Wong from Form 5B. It is my honour to speak to you here today. I would like to share the most important things with you.

Being a teenager, I have a lot of fantasy about my future. Will I keep some pets? Can I do my favourite job? Where am I going to settle? To encapsulate them in one sentence – to live the life I want.

The first part of it is ‘to live’, which means we need to maintain health physically and mentally. Health is the fundamental thing of being alive. I know it is a cliché. But how many ten years do we have in our life? We should stay vigorous and energetic to live the most of it. It has been a newly-discovered phenomenon in recent years. On one hand, many youngsters start to worry about receding hairline. On the other hand, they keep staying up late for something like homework or just simply surfing the Internet. Likewise, they start to worry about having a heart attack. On the other hand, they just keep having junk food and double-cheese burgers frequently.

Honestly, we all know that health is essential. But we can hardly practise a healthy lifestyle in our daily life. Why can't we go the extra mile for our health? So, it is a reminder to all of us. Don't turn a blind eye to health. We can't live well without it.

The next part of the sentence is ‘the life I want’, which for me means having your own interests. It can make your life more enjoyable. By digging your interests, which can be artistic or athletic, it helps you keep your hope for life, to find purpose for yourself and even make contributions to society. For instance, if you are interested in art, you will have the motivation to fuel your creativity. Your target may be having your own exhibition when you produce enough artworks. Then others may be inspired by your works. Of course, during the process, you have to put a lot of effort into your interests and keep equipping yourself. I do believe that working hard for something that you desire makes life meaningful. There are thousands of ideal lifestyles and interests, just find some elements to make your life more enjoyable.

Well, because of the education system, secondary students can hardly spend adequate time exploring and developing their own interest. That's why we need to maintain a healthy body

in order to do something that we are really interested in the future. It is not worth spending a lot of time being a dull boy Jack and don't have a healthy body to enjoy our life and to live the life we want. Let health and interests be your priorities for life.

Good luck to you all. Thank you for listening.