

5C (1) Chan Tsz Ching

The most important things in life

Good afternoon Principal, teachers and schoolmates.

It is my honour to speak to all of you here. My name is Meg and I am from Class 6A. Today, I am going to talk about the priorities in our life. We all know young people these days lead an increasingly busy life. In order to achieve some goals, we may have to sacrifice something which seems not that important. However, we should always know that what really means a lot to us. So, let's talk about two of the most important things in life.

Needless to say, the first priority must be health. We are all hikers, wishing to reach different mountains in our life. Health is what supports us throughout the journey. A balanced diet and sufficient sleep give you strength. Only by having a strong body can you climb the hills wholeheartedly. So as not to be forced to end the trip, we have to take a break whenever we have already walked for so long. Rome was not built in one day. The value of your route to the mountain tops is not about the speed. Don't be too hard on yourself. Make sure you enjoy your journey.

Besides, you should keep the zest for exploring yourself. Everyone is a unique box filled with talents and weaknesses. Find your own way to shine, but at the same time, don't be afraid to overcome the obstacles. Those experiences can help you know more about yourself and teach you the ways to do better. My dearest schoolmates, don't trap yourself by dogma or people's opinions too early now. You can have plenty of possibilities in your future. Feel free to try various things now so that you can learn more and discover what you really admire. Your intuition and curiosity are priceless so just follow them as long as you are doing something legal.

Life is like planes in the sky. They seem to move slowly but in fact very fast. It can't afford too much hesitation. Stay healthy and follow your heart. You can leave more grateful moments in your life. I hope all of you can understand your priorities in life.

Thank you very much.