

### **The most important things in life**

Good afternoon Principal, teachers and fellow schoolmates.

As we grow up, I believe our lives are getting squeezed with endless challenges and increasing burden. Living such a busy life, we may have forgotten the priorities in our life. In the following, I would like to share two most important things in my life.

The top priority of my life is health. In spite of our crammed schedule, proper physical and mental conditions allow us to live freely. On one hand, healthy people without illnesses like diabetes, heart attack or even cancer are gifted with a fruitful future instead of receiving endless treatments and swallowing tons of pills in hospital. I can dive into the deepest ocean and climb up the highest mountain only when I am in good condition. On the other hand, mental health is also crucial for self-control. Recently, some students in Hong Kong being unable to control their emotion or even their behavior suffer from mental illnesses, including depression and insomnia. I, fortunately, do not need to experience the pain of these mental disorders. Instead, I can enjoy the freedom of spending time with friends and families and achieving our goals without any barriers.

Apart from health, hope, in my opinion, is also irreplaceable in my life. ‘Every cloud has a silver lining’ is always my motto. Whenever I face obstacles, my hope for future always prevents me from being beaten by the last straw. Hope is like the North Star which leads me to my goals and desires in the dark. I was once lost for my poor academic results, losing hope and blaming myself for not excelling in my studies. I, however, finally realized that indulging myself in my past failure could only add fuel to the fire but not improve the situation. I believe my hope for future is essential in driving me to work harder and leading me to accomplish my targets.

There are bunches of important things in my life but I value my health and hope the most since they are the meaning and the goal of my life. Be the author, not the reader, of your own life. It is never too late to discover the most valuable things in our own life. Thank you.