

True Happiness

Dear teachers and students, Good Morning,

Do you remember the School Vision: “We strive to create an enjoyable teaching and learning environment in which students can be equipped to meet the challenges of the 21st century.” For ENJOYABLE, some may interpret it as *to have fun, or happiness*. It is true that it is a good thing to find happiness in whatever we do.

As a teacher, I like to ask students "what is your life goal"? Very often I got the reply: “I want to be 'happy', in that they mean to have a 'happy' life or they want to find happiness in their life.

How to find happiness? There are often two different ways in which a person thinks that they find happiness. The first way is quite simple, give yourself nothing to do and therefore, you will have nothing to worry about. You can enjoy your time whenever you like --- day or night, for the whole week or even the entire month. For this kind of people, to enjoy and to find happiness is the prime thing in every moment of their life. For example, you can choose to talk during lesson; you can do your homework nicely or attend school punctually; or you can choose to play computer games until 3 a.m. in the morning and sleep in the class.

This is the kind of happiness many people dream of. However, you’ll find it boring sooner or later, because you’ll discover that you are a useless person --- just like a parasite. Besides, the important point is: how can we achieve this in reality?

The second way in which you can find happiness is to give yourself a challenging project to develop your potential to the fullest. This kind of projects is difficult. When you start to work on it, you will face hardship. There will be barriers, and things you do not know. Eventually, you will reach a point where you can overcome these problems; you begin to make things work for you. In this process, you need persistence, endurance and courage of not giving up. If you don’t give up and devote your every effort to it, sooner or later you will reach the point where you enjoy your success and achievement.

Do you still remember the Olympic Games in Beijing this summer? What did you see at the Olympic Games? The athletes were happy. At the end of their events, they stepped onto the dais to receive their medals. Their faces showed pride and happiness, because of their massive achievement. Another good example is the Trailwalkers of the Oxfam. I met our team several times at the finishing point and we all shared their happiness after they successfully completed the 100 Km tough walk in

the mountain area. They were exhausted and felt very tired. Some even got injuries on their legs and feet, but we saw real happiness on their faces.

My dear students, choose a project and try very hard to overcome the difficulties you may encounter. You'll create for yourself another type of happiness.

You have to make up your mind: what kind of happiness do you want? Remember, the second type of happiness does not come about without having worked seriously and paying effort but it lasts longer and give you a sense of achievement. Most importantly, it is reachable.

May you find true happiness in your school days by working hard. Have an enjoyable life in PLHKS.

Thank you for your attention.