

### How to Spend Your Time for a Happy Life

What makes a happy life? Is it, money and status, power and fame, or is it love? Of course, it varies from person to person, but how should we spend our time? Actually, I have a few suggestions for you.

First, achieve something great. You cannot live just having fun. Sometimes you have to do what is not enjoyable for you. That's true, but you don't have to be worried, I guarantee. Three years ago, I studied hard to enter Kasukabe High School. Although studying was painful for me, I'm happy now. Even if you are suffering, if you achieve your goal at the end, you can change your bad memories into wonderful experiences. This is a wonder of our brain, isn't it?

Second, share your time with someone. Do not be by yourself all the time. When you take a trip, invite friends. For breakfast, share the meal with your family, but why is sharing time important? A good question. Well, thousands of years ago, we humans could not survive alone because there were a lot of dangers. Lions and famine and a harsh environment. As a result, our brains have evolved to release happy hormones when we are with someone. Some scientists are even saying that loving your partner is the ultimate time sharing. Hearing this, you might be looking forward to Christmas with your partner. That's good. I'm also going to have a Christmas party this year ... of course with my classmates. Oh no!! We are in a boys' school.

Third, don't use your smartphone too much. What do you do when you are bored? Some will say, "I watch YouTube, check Instagram, or play games." Of course, doing such things might be enjoyable for you, but in English those things are often referred to as "killing time." "Killing Time!!". What a terrible expression it is!! That is to say, watching Youtube, checking Instagram, or playing games means "dead time." If the earth were to disappear tomorrow, would you really spend your time on your phone? According to some statistics, we use smartphones on average 4 hours a day. It's one-sixth of our life, meaning after finishing 3 years of high school, you will have spent 6 months on your phone. That's surprising! Let's imagine when you are on your deathbed and look back on your life. If you were filled with memories of your phone, you would be sad.

In conclusion, to live happily, achieving something great and sharing your time with someone are more important than spending your time on your phone. Napoleon Bonaparte, one of the greatest figures in history, once said "The calamity you will meet one day is the reward of a time you neglected." Ask yourself what makes you happy, and what are you neglecting? I will leave you with this final thought. For a happy life, make sure whatever you are doing won't turn into a regret in the future.