**In Our Time- by Alicia A**

I had to think a lot before starting this essay. I wanted my subject to be creative and different, something that no one really thinks about. So, I decided to write this essay with very few sources and to simply base it off of my experiences.

In our modern world, there is so much going on all around us that we can’t seem to live in the moment. There is always something else going on or something that is going to happen next. However, the thing that none of us realise is that at some point in our lives, there will be no ‘next’ and although this is difficult to come to terms with, it is true.

You see, the thing is that everybody dies but not everybody lives. The modern generation, and by modern generation I mean everyone, wastes so much time on screens that we never get to really cherish the special moments. We can’t seem to fully live our lives because there will always be another Instagram notification or a new movie on Netflix. As sad as it is, we will always put that before spending time with our family or really living our lives to the fullest.

The message that I want to spread is that we all have a purpose in life. We all have a talent or a dream but not many of us can find the courage to pursue that dream. I believe that if we really put our minds to something, we are able to accomplish anything, big or small. But that’s where social media messes dreams up. People are brought down through cruel comments or screens that get in the way of their goals.

I hope that one day, people will be able to happy for others. I know that there are so many people out there who are happy when others succeed however, some people can be jealous or angry. I believe that when something good happens to someone, we should be happy for them and not bring them down.

There are so many amazing things that you can do in life and so many opportunities that you get given. For some reason, people think that life is not enough even though life is the greatest gift that we will ever receive.

Every second, around 2 humans die, that’s 2 people thinking to themselves, ‘why didn’t I do that?’ or ‘why didn’t I tell this person that I loved them?’ The thing that we forget about is that every second, 4 humans are born. That’s 4 new opportunities, 4 new dreams, 4 new lives. The sad thing is that those lives still end up with regrets.

I can promise you that everyone on this planet has done something that they’re not proud of, whether this is not pursuing their dreams or not spending enough time with someone. Despite all of this, our world will always have regrets. There is no such thing as a person who has had a life on this planet who hasn’t died without a regret. However, people who are alive still do have regrets and those are the ones that we *can* fix.

By saying this, I am not asking you to do everything that your mind tells you to do. I am saying that life is short and that you should live it to your full potential. This means that you should aim to make others smile and to always stay positive because positivity is the key to all true happiness.

The reason why I decided to use this topic for my essay was because someone showed me a very interesting video. It is called ‘stop wasting your life’. This video outlines the fact that we spend so much time unhappy rather than happy and that people spend too much time in jobs that they don’t like. After watching this video, I did some further research into this subject and found out that the average person can control around 40% of their own happiness. I suppose that the rest of a person’s happiness is based off of other people and their health etc.

I hope that everyone who even gets the slightest chance of living on this planet will cherish the special moments that they come across in their life and chase their dreams no matter what. I hope that everyone will have the courage to live their life and make the most of everything.

Thank you for taking the time to read my essay and my thoughts on this subject.

BIBLIOGRAPHY

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