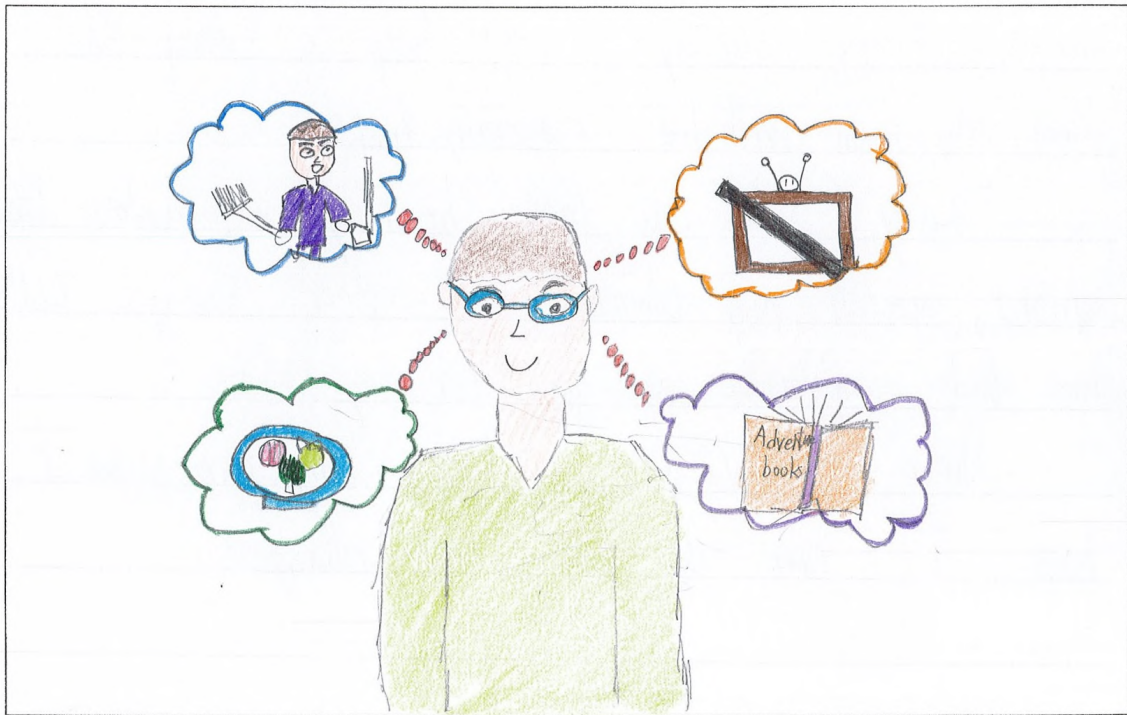


My Resolution



In the new year, I want to make some new changes in my life.

Firstly, I want to read more English books so I can learn many new words. I will go to borrow some books from my school library. I like to read books about adventure.

Secondly, I will watch less television so my eyesight will be healthy. Then I will have a lot of time to read books instead.

Thirdly, I will help my family with the housework. Every Sunday I will help to sweep the floor. My mum will be especially happy.

Finally, I will eat more healthy vegetables like onions, broccoli and tomatoes. My mother always tells me that vegetables are good for my body.

These are my new resolutions for the year. I hope I can do these new changes.

I want to be a good child



I want to be a good child. At home, I should help my mum to do housework. I can sweep the floor and clean the dishes because my mum is very tired after work. Before she is back home, I should finish all my homework and do some revision. My parents will feel very happy.

At school, I should be a punctual, honest and hardworking student. I can help teachers and classmates at school. We will be happy in school.

On the playground, I should be polite. I shouldn't be rude. I can play with friends happily.

I should be a good girl!

Be a good child



I believe a good child must be hard working, compassionate, caring and patient.

As students, we should finish our homework every day and study hard. At home, we have to help mother to do housework like watering the flowers and sweeping the floor. Other than being hard working and caring, compassion is very important for a good child. I have a lovely dog and I will bring it to the park for a walk every day. Last but not least, being a good child means being patient. Don't argue with classmates and friends. Be kind to everyone.

I will try my best to be a good child.

My Resolution



My new year goal is striving for excellence. I want to improve myself. The first one is to upgrade my flute playing, the second one is to improve my Chinese and the last one is to do more housework.

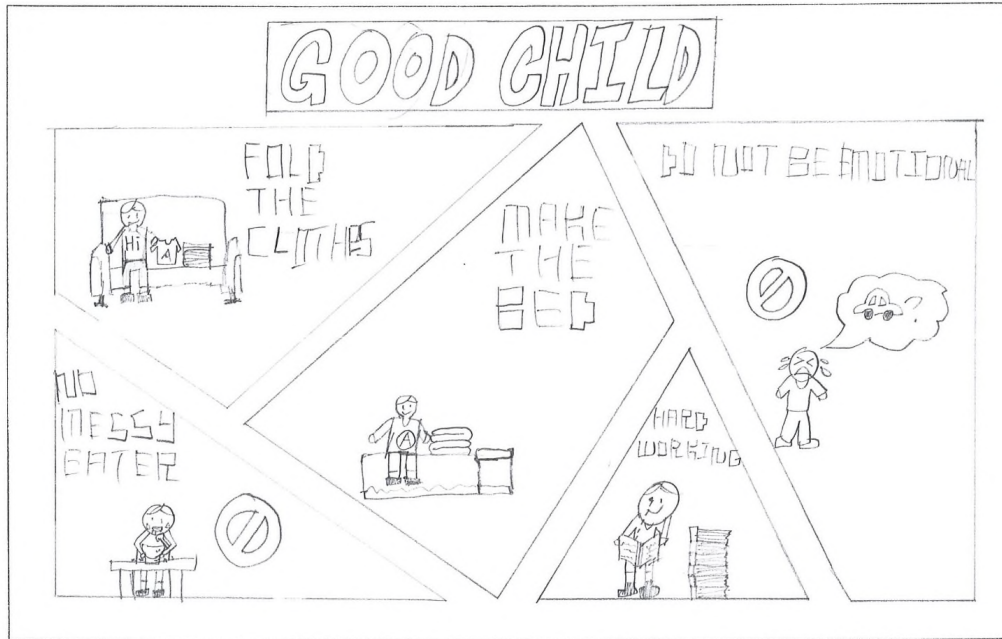
My flute teacher tells me that my flute tone is not good, so I will buy a tuner. When I play my flute, the tuner can show me the tone of the flute sound. Therefore I can adjust my flute to make the tone more accurate. Besides, I also need more practice on the flute.

To improve my Chinese, I will go to the library and read more Chinese story books. I will also do more exercises on the internet on the school website when I have time. I will pay attention and listen to the teacher carefully in class.

I know my mother is very busy, so I want to help my mother do more housework. I will water the plants, make the bed, sweep the floor, fold the clothes, wash the dishes and clean the table.

I will try my best to carry out the above plan. I hope I can do it successfully!

I want to be a good child



Why does every child need to be a good child? Look at this article, then you will understand.

Every good child will do housework because they want to reduce the burden on their parents. These are examples. The good child will fold the clothes and make the bed.

Also, good children are hard-working. They will read many books to make them more clever.

They should not be too emotional. They should show good emotions even if they lose their lovely toys.

In terms of eating, they must not be messy eaters. They must concentrate on eating and eat different kinds of food to make them strong and healthy.

These are the ways to be a good child. I will always remember in my mind and behave well.

My Resolution



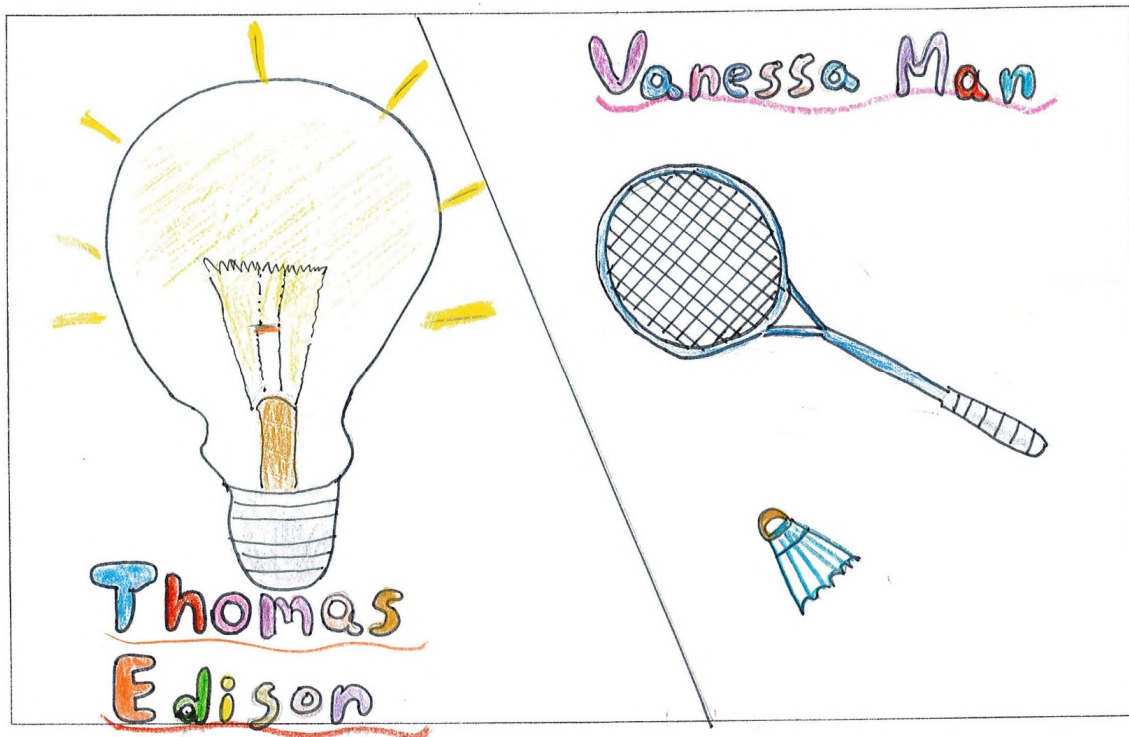
The Chinese New Year is coming. In this new year, my resolution is to get the top grades in my form.

First, I will study hard in school. I will also pay attention in class. I am not good at Chinese so I will read more Chinese books and write more articles. If I don't understand what the teachers teach, I will ask my teachers or classmates.

Then, I will prepare the lessons before class. I will also do more exercises at home. I think it can make me get higher marks in the examination.

I will try my best to realize my resolution in the coming year. I believe I must get the first in my form. What is your resolution?

Failure is the stepping stone for success



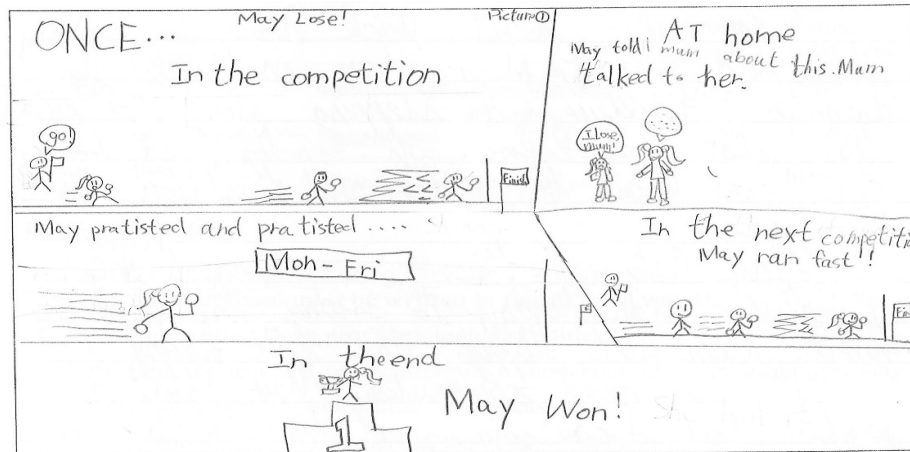
We all know that failure is the stepping stone of success. No one likes the feeling of failure, but everyone knows our lives are full of difficulties.

Do you know the famous inventor, Thomas Edison? He had to try thousands of kinds of glass, wire, metal and circuits until he finally invented the light bulb! It is an example to us. We should learn from mistakes.

In the past, I hated playing badminton. I thought it was hard to learn. However, my mum said that I might try. In the past summer holiday, my friends and I joined the badminton course. At the beginning, I couldn't hit the shuttle. I felt sad and disappointed. But I know that I shouldn't give up. The coach taught us how to play badminton patiently. Finally, I could control and hit the shuttle. Although I am not an excellent badminton player, I love playing it now. It tells us that we can't avoid the problems, we should face them.

The failure gives us solutions. It is the key of success.

Failure is the stepping stone for success



Hello everybody! I'm Wayne Ho. Today, I want to talk about a title – strive for excellence. Do you know what 'Failure is the stepping stone for success' is? Now, I will tell you a story and you will know what that is.

Once upon a time, there was a girl called May. She loved to win but never wanted to lose. Her mum always told her 'Failure is the stepping stone for success.' However, May didn't believe her. She only thought winning was the most important thing and the one who won would be the best.

One time, May went to a running competition. She thought she would win and take the first prize but she lost. She was very upset.

When she went back home, she cried and told this story to Mum. Mum said, 'Oh! My daughter, failure is the stepping stone for success. You may lose before you win but when you lose, you still learn from the winners and then you may win next time.'

May listened to her mum. She changed. She practiced from Monday to Friday. She worked hard. Mum felt happy and May felt happy too!

In the next competition, May said, 'I may lose but I can win next time. Relax! Try my best!' 3,2,1 Go!' May ran and ran. She ran fast because she practiced hard. She won the competition.

In the end, she learnt that 'Failure is the stepping stone for success.'

After listening to the story, do you know what 'Failure is the stepping stone for success' is?

The story of success



Once upon a time, there was a young man who wanted to be the champion of the one-hundred meters race in the school sports day.

He wanted to be an athlete when he was six years old so he set some targets to fight off his problems. These started training for two hours per day, eating less meat, eating more vegetables, getting up at six forty in the morning, going to bed at half past nine and keeping fit.

At the sports day, he ran very fast but an injury stopped him from joining the competition. His classmate said to him, 'Don't worry, failure is the stepping stone for success,' and he wanted to try again.

The next year, he won a gold medal. His PE teacher said, 'Well done, keep striving for excellence.'

We need to strive for excellence for everything.

Failure is the stepping stone for success



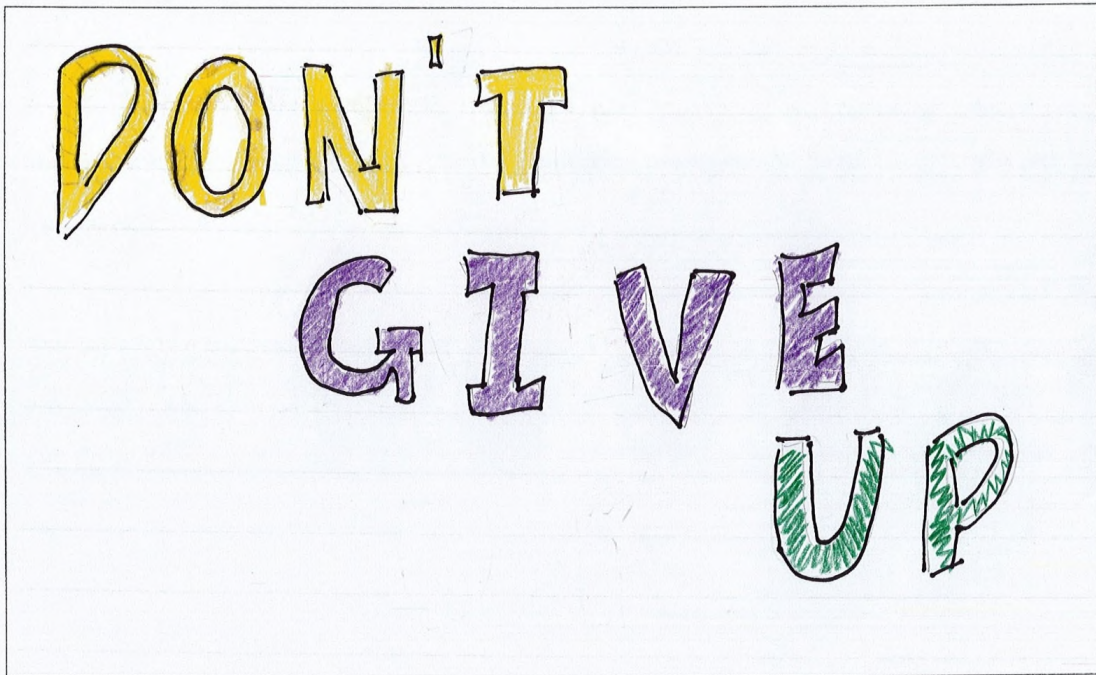
What is 'Failure is the stepping stone for success'? It means when we fail, we will learn the lessons and experiences and the next time we will not repeat the same mistakes, then we can do better!

There is a story of Albert Einstein. One day, the teacher asked each student to make a small bench. When the teacher saw Einstein hand in a small ugly bench, she asked him, 'Is there a bench worse than this little bench in the world?' Einstein replied honestly, 'Of course yes!' then he took out the first two benches he made. Finally, Einstein became the world's greatest physicist, thinker and philosopher. It also shows that failure is a stepping stone to success.

There is also a story of Inventor Edison. He did more than eight thousand experiments and invented one of the greatest inventions in modern history, light bulbs. After years of continuous improvement, light bulbs have today become convenient and durable family daily necessities, because he often used 'ninety-nine percent effort, plus one percent genius' until he was successful. So, as long as the diligent try, the future will be able to board the peak of success, which shows that failure will allow us to accumulate experience and avoid making mistakes again so we can achieve the purpose of success.

From these famous people, I learnt 'failure is a stepping stone to success,' inspiring us to move forward! Let's learn the lessons and experiences from our mistakes and do better than before!

How to face the failure of optimism



The old saying goes that failure is the mother of success. We don't need to be discouraged or give up, we can continue trying. However, that is easier said than done, so let me give you an example.

Once, my friends and I went to ride bicycles but my best friend Sarah didn't know how to ride a bicycle. Therefore, we taught her patiently. However, Sarah fell down on the ground. Then she gave up, so we persuaded her. We told her a lot of advantages after learning how to ride a bicycle. Then she agreed to keep learning how to ride. No pain no gain; she finally learnt how to ride a bicycle. Sarah also felt proud of herself.

Now you know you shouldn't give up easily. Then I'm going to tell you how to be optimistic when you face problems.

First, if you are pessimistic all the time, you must change your mind. Then you should make your will stronger..... Then you have to find the next step by yourself.

If you can do this thing, you are awesome because it is difficult. You have to wait a lifetime to understand.

Better is the enemy of good



In this world, a lot of people only want to strive for 'betterment' or even 'perfectness' but there are only a few people who know 'better is the enemy of good'.

Students spend nearly all of their time studying in order to get good academic results. Adults spend a lot of time on work in order to earn as much money as they can or even strive for promotion.

During the journey of striving for 'betterment', they are losing their family time and the time to relax that are important to our lives.

How to define 'good'? 'Good' does not refer to what we have in hand. 'Good' refers to how we treasure the present moment.