

Comfort zone

Life is full of challenges and difficulties. And comfort zone is our great enemy which we face when we want to live a comfortable life. Thus, we should be strong and overcome it in order to achieve success.

Comfort zone is the area where we feel comfortable. It is also the set of routines and known abilities that make us feel safe. It has many benefits. For example, staying inside our comfort zones makes us confident that we can manage and are unlikely to be challenged by unexpected or worrying events. Also, It is a good idea especially when we are feeling under stress. However, stepping outside the comfort zone is also important when we want to make progress and do great things in our lives. Moreover, self-help books advise us to leave our comfort zones and do new things. By doing that, we will feel positive about ourselves.

Unfortunately, people often get stuck in their comfort zones. There are various possible reasons for this. They may be afraid of failing or unsure of how to begin. When you ask someone of them and try to persuade him that this is wrong, he may tell you some excuses like 'This is the way I am and I will never change it'.

To sum up, whatever the reasons may be, sometimes it is necessary to force ourselves to do things we would rather not do. Once we have made the effort, the door to new experiences will be open up.

Time management

Our time is our treasure. If we are successful in managing it, we will gain, but if we not, we will find the pain.

Time management is the skill of planning or managing time in a way to make the best use of it. It is vital to manage our time effectively in order to achieve success in any field. And when that happens, we will surely feel positive about ourselves and our lives will be so easy.

The first step toward success is well-organized time. One who can't manage his time well may fail at almost everything he does. And also when that happens, he will be unhappy and his life may be difficult.

Efficient time management has many benefits. For example, if our time is managed well, we are confident that we can succeed and are unlikely to be challenged by unexpected or worrying events. Also, it reduces stress, improves our quality of work, helps us attain more with less effort, gives us a sense of satisfaction, and makes us more creative.

However, most of us fail to manage our time efficiently and feel he can't do anything. In my opinion, a lot of time is wasted in thinking about what we should do. If we make a 'to do' list, we will certainly know what is to be done now and what is to be done next.

To sum up, time management is very important in our lives. Whether you are a student, a homemaker, a doctor, or a business person- if you are able to manage your time effectively, you will not be far from attaining your goals.

A story about coincidences

One day in the evening, while I was walking alone in the street, I saw my friend, Omar; a short man with short-fair hair, he was standing nearby a library. I walked toward him slowly lest he feels my steps and hit him gently on his back. Unfortunately, the man who turned to face me was not my friend, but a stranger. To make things worse, he insisted on taking me to the police officer. I was so embarrassed when I was trying to persuade him that I did not mean to hurt him, and I thought him my friend. Suddenly, Omar came and was shocked by the situation. The man realized that I did not mean to hurt him when he saw some similarities between him and Omar. Finally, I apologized to him and went away with my real friend, Omar.

Advantages and disadvantages of communication Technology

There is no doubt that communications Technology has become the main way of communicating among people, especially the young. Sometimes parents and older people might be right when they feel worried about young people's use of the internet and social media. Instead of doing useful things, they waste their time chatting and texting with each other for a long time. In brief, they became addicted to social media sites like Facebook, Twitter, and Myspace.

The advantages of technology spread are considerable. For example, it improves our quality of work, helps us attain more with less effort, and makes us more creative. Also, by technology, our world has become a small village. And the most important thing is that technology is a major force for social change and economic growth. For example, in Palestine, technological companies could help the Palestinian economy to break free from the restrictions placed on it by the Israeli occupation.

However, technology could be a negative trend. For example, using technology in an unsuitable way may lead to distorting people's values. It destroyed a lot of our traditions and allowed practicing unfamiliar habits. Moreover, It makes young people use slang language all the time even in formal messages.

To sum up, using technology properly makes great things. On the other hand, using it in a bad way may make us regret in the future. In addition, technology breaks the borders; anyone with a laptop can work and interact with the global community without a passport, and despite the occupation. It is limitless.

Friendship

We all tend to make friends with people we cross paths with regularly; people we go to school with, work with, or live close to. The more you see someone, the more likely the chance of a friendship developing. Another big factor in friendship is common interests. We tend to be drawn to people we share things with; a hobby, the same name, the same birthday, or even a shared career.

Making new friends is just the beginning of the journey. It takes time to form and a long time to deepen, so you need to nurture that new connection. The most important thing in friendship is how the relationship makes you feel, not how it looks on paper. The good friend will show a real interest in what's going on in your life, what you say, and how you think and feel about things happening with you. Also, friends have a huge impact on your happiness. For example, they prevent loneliness and isolation, relieve stress, and provide joy.

There is a battle between people who believe in online friends and others who not. But in my opinion, having hundreds of online friends is not as same as having one close friend in real life. Online friends can't hug you when a crisis hits, visit you when you're sick, or celebrate with you when a private event happens. Our most powerful connections happen when we're face-to-face. So make it a priority to stay in touch in the real world, not just online.

To sum up, Friendship is happiness. Thus, whatever your age or circumstances may be-it's never too hard to make new friends. In addition, if you have friends, you are the winner, but if not, you are the loser.

Communication methods

Previously, people used to write letters for hundreds of years. But nowadays, it has been replaced by new communications methods such as texts and chats on social media sites and others.

Actually, the advantages of the new methods are considerable. For example, they are easy and fast to write and also for free. However, the old methods like letters take a long time to be written and sent, and also they take a long time to reach the receiver. Take mobile phones as an example, the mobile phones now cannot only make phone calls but also send messages and even surf the internet in a quick way particularly with the development of social media sites that let people talk with each other whenever and wherever they want.

On the other hand, new methods of technology may be a negative trend. It makes people use slang language all the time even in formal messages. Besides, people write and send it fast without thinking much about it then sometimes they regret their words.

Also, sometimes letters can be better than texting. For example, when you are sending a formal letter like applying for a job or sending an article to a newspaper, it is a must to use this kind.

To sum up, this old and useful way of communication - writing letters – may be a less popular way to communicate with others, and people will keep sending them even they are going to use it less than before.

Education and work

Education is a very important method for everyone to succeed in life and get something different. It helps a lot in decreasing the challenges of difficult life. It opens various doors to the chances of achieving better prospects in life. Thus, we should study and understand as much as we can.

As a high school student, I have hopes and preferences for the future. Some people have a “dream job” which is the job that we hope to have in the near future. However, I feel sad when I say that the majority of people don’t know what they are doing to be in the future. That’s awful!

To tell you the truth, after being a well-educated person, I think that passion is the most important feature which you have to take into consideration when you want to choose between jobs. Moreover, Passion is related to job satisfaction. If you have job satisfaction, you will be very happy even if you take a low salary. Besides, job security should be a part of every job. It is vital to have a guarantee that you won’t lose your job in the future.

On the other hand, any job may involve some negatives. These negatives include pressure, working for long hours, low salaries, lack of job security, and lack of job satisfaction. And there are some negatives which I concenter them as problems which are related to educational attainment. For example, here in Palestine, being a doctor is not an easy matter. Before thinking about it, you should know that you have to get more than 90% in Tawjihi to have a chance of being accepted, and to be sure, you must get more than 97%, and we all know that it’s not like a piece of cake.

To sum up, my advice is that schools in Palestine should take the matter of work seriously. For example, they can bring in professional help to make students aware of the employment options. Finally, if you are a well-educated person, you will gain, but if not, you will find the pain.

Dream job

People choose their jobs for different reasons. Some care about fame while others search only for money and material benefits. In my opinion, I'll need money to live a normal and comfortable life but the most important aim will be to find pleasure and satisfaction in my job.

Like others, I have a dream job and, I always remember when my teacher said that those who don't have dreams will never fly away and their lives seem meaningless.

I've always wanted to be a tourist guide, and this has been my dream job since childhood. I chose this job because I enjoy dealing with people from different nationalities. Moreover, this job means traveling a lot from place to place which breaks the routine which seems very boring. I think being a tourist guide helps you know a lot about different cultures. I'm sure that my life will be fun and exciting with this job. Also, I'll do this job perfectly because I know well that I have the skills and qualifications it requires.

From one hand, I'll study English and other languages at university after Tawjihi. I'll also try to develop my historical and geographical knowledge which is very important for this job. From the other hand, I'm a friendly person who deals with others politely and kindly. All these skills will make me suitable for this job. I hope I'll get it and develop it by starting up my own tourist office which I'll call "Jerusalem Tour Company".

Finally, this's a dream and I'll try hard to achieve it.

Starting up a business

It's clear that starting up a business isn't a random or unplanned process. In fact, there are many steps and priorities to start up a business. Many people wrongly think that they just need money to do this. When starting a new project, planning is very important, and this requires many steps.

First, your idea should be attractive, and people would find it really helpful and necessary. Then, it's important to take advice from your friends and family members about their experiences, and even from the internet. This will make you learn from your mistakes and focus on positive points. On the other hand, it's necessary to study the market to know about your competitors, who would buy your products and which offers are available in the market. This market research will give you more options and ideas.

Moreover, you should remember that having money and getting financial support are important matters. It is easy to get them from banks, friends, or anyone else. However, you should be careful about getting into debt. Also, marketing your product properly is necessary. Let people know a lot about your it through adverts and offers.

Finally, don't stop here, and keep thinking ahead about the future. Once you have lost your determination, your product will disappear.