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Class – 5

Subject: - The Value of Important Times in Life



### **The Value of Important Times in Life**

Time is one of the most valuable resources we have, and how we use it determines much of our personal and professional success. Among the countless moments we experience, there are key periods in life—important times—that stand out for their significance. These moments, whether personal or shared, can define our future, influence our decisions, and shape our character. Understanding and valuing these important times is essential to living a purposeful and fulfilling life.

#### **Defining Important Times**

Important times are moments that leave a lasting impact. These moments can come in various forms: achieving a major goal, making a life-changing decision, experiencing a profound personal event, or navigating through challenging periods. Each of these moments has the power to transform us, often guiding our lives in new directions.

For example, a student's graduation from school is an important time. It is not merely an academic milestone but a transition into adulthood and the beginning of new challenges and opportunities. Similarly, deciding on a career path, building meaningful relationships, or overcoming personal adversity are important times that significantly shape an individual's life.

#### **Recognizing the Importance of Time**

The importance of these moments lies in their influence over our future. However, not every important time is immediately recognized. Some moments seem ordinary at first, but when viewed in hindsight, they reveal their importance. Others, such as the birth of a child or a major career breakthrough, are instantly recognized for their transformative power.

Recognizing important times allows us to appreciate their significance. When we acknowledge these moments, we gain clarity on how they have influenced our growth. This reflection helps us understand our priorities and make informed decisions about our future. For example, someone who has faced and overcome a major challenge, such as an illness or personal setback, often emerges stronger and more resilient, with a deeper understanding of their own abilities.

#### **Learning from Pivotal Moments**

Important times, whether joyful or difficult, carry valuable lessons. The moments of success teach us the rewards of hard work, perseverance, and dedication. Difficult times, on the other hand, teach us resilience, patience, and adaptability. Both types of moments contribute to our personal growth and development.

For instance, consider an athlete who trains for years to achieve a significant goal. The moment of victory represents more than just a medal—it symbolizes the cumulative effort of countless hours of dedication, sacrifice, and discipline. This important time is a lesson in persistence and the power of long-term commitment. Similarly, someone who faces a personal loss learns about the strength of human spirit, empathy, and the importance of relationships.

#### **Making the Most of Important Times**

While some important times happen naturally, others are created through intention. We can make the most of our lives by setting goals, challenging ourselves, and seeking out experiences that have the potential to be life-changing. For example, deciding to pursue a new educational opportunity or taking a significant career risk can lead to profound growth and success.

Creating important times involves stepping out of our comfort zone and embracing opportunities that promote growth. Volunteering for a cause, traveling to new places, or learning new skills are ways to initiate experiences that can become pivotal moments in our lives. The key is to stay open to possibilities and embrace change when it comes.

### **The Power of Reflection**

Reflection is an essential part of recognizing and learning from important times. Life can often feel rushed, and without taking the time to reflect on meaningful experiences, we may miss out on the lessons they offer. By reflecting on the past, we can gain insight into how our decisions have shaped our current reality and understand how we want to move forward.

Reflection also helps us to find gratitude. Often, in challenging times, it is difficult to appreciate the moment's value. However, by looking back, we may realize that those very moments were the catalysts for positive change in our lives.

### **Conclusion**

In life, important times serve as the defining moments that shape our journey. They hold the power to influence our future and personal growth, teaching us valuable lessons along the way. Recognizing the importance of these moments, whether they come naturally or are intentionally created, allows us to live with purpose and fulfillment. Time is precious, and by valuing and learning from these pivotal periods, we can build a life rich with meaning and direction.

## "समयको महत्त्व"

'समय' शब्दको घड़ी, पल, दिन, रात हुँदै शताब्दी-शताब्दीसम्मका लागि पुकारिने अवस्था, अनन्त र निरन्तर आवश्यकता लाग्छ। यसरी समयको महत्त्व अनामक प्रत्येक क्षण, प्रत्येक निमेषको महत्त्व वा मूल्य भन्ने बुझिन्छ।

समयचक्रमा मानिस जन्मन्छ र समयको प्रवाहमा उ विलीन हुन्छ वा समाधिरुप हुन्छ। अनन्त इच्छाको भारी बोकेर जीवन-यात्रामा निस्कने मानिसले बाँचुन्जेल अरवौं निमेष, लाखौं क्षण, लाखौं पल, हजारौं दिन, हजारौं रात हुँदै कैयौं वर्षको समयथापन गर्दैछ तापनि त्यस समयभित्र उसको आकाङ्क्षाहरू तृप्त हुन सक्दैन। र उ अझै कामहरू बाँकी राखेर मरिन्छ र मरिन्छ। शित रूपमा मृत्युको पाहुना बन्दछ। यसरी बाँचुन्जेल मानिसले थुप्रै क्षणहरू, अवसरहरू र मौकाहरू पार्छ। हुन्छ। ती क्षण, अवसर र मौकाहरू चिप्न नदिई स्वानुकूल वनउँदै उपयोग गर्नुमा नै समयको महत्त्व झल्किन्छ।

समय अवस्था र निरन्तर रूपमा गतिशील र प्रवाहमान छ। समय बगिरहेको पानी हो। जीवनका बाँक्का टारहरूलाई बगिरहेको समयरूपी जलले सिञ्चन गर्ने मात्र जीवनमा खुसीको हरियाली बथाउन सक्छन् महान् पुरुषहरूले समयको उपयोग गर्दै त्यसको महत्त्वलाई आत्मसात् गरेकाले महान् बनेका हुन्। गौतमका अगाडि एउटा थुप्रै क्षण आयो जसलाई पक्रदा उनी बुद्ध बने। मोहनदासलाई अङ्ग्रेजी साम्राज्यवादीले हरेको क्षणले उनको मन-मस्तिष्कमा परेको राम्रो असरबाट

उत्प्रेरित भई कर्म गार्ह उबी महात्मा गान्धी बने। मौतेनी  
आमाका कठोर वचनबाणबाट आहत बनेका युवने जुन  
क्षणमा साहसिलो कदम चाले त्यसैले उनलाई युवतारा  
बनाइदियो। समय उडिरहेको पंक्षीजस्तो छ, बाणबाट  
धुटेको तीरजस्तो छ अति करवबाट बरसैको पाकेको  
फलजस्तो छ। जो एकपल्ट धुटेपछि फेरि फर्कदैन।  
त्यसैले त हरेक बुद्धिमान र विवेकमानसकले समयलाई  
उपयोग गरी-समयको महत्त्वलाई आत्मसात् गर्ने  
गर्दछन्।

समयको महत्त्वलाई कम आँवने र समयलाई उपयोग  
गर्न नसक्नेहरूको जीवन कष्ट र पीडामा अनुताक  
हुन्छ। दुई पैसामा भिको हुने रोगलाई समयमै उपचार  
नगर्दा लाग्ने रूपियाँ बर्चैर वाट पढ्नेहरू र विमान  
छुट्नासाथ विमानस्थल पुगेर एक सेकेन्डको महत्त्व थाहा  
नपाउनेहरूका लागि थक्थकाउन र चुक्चुकाउनसिवाय  
केही उपाय रहँदैन।

आफूलाई निस्वार्थी बारवैर आफ्ना आवश्यकताहरूमाथि  
दृष्टान पनि दिई आफ्नो अवस्था र स्थितिअनसार  
आफूलाई कर्मठ बनाई समयको उपयोग गर्नमा नै समयको  
महत्त्व प्रकट हुन्छ। समय सफलताको सौपान हो, उच्चता-  
को मार्ग हो। त्यसैले 'गतम् न सोचामि' भन्ने भएँ राख्ने  
समयबारे चिन्ता नगरी वर्तमानका अमूल्य क्षणहरूलाई सम्पूर्ण  
सफलपछि र जीवनलाई सार्थक पार्नुपर्छ। भनिन्छ पनि छ -

**["मौका आउँछ पर्वदैन त्यसमा चुबने महामुर्व हो"]**

नाम: सुस्मिता तामाङ

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