

Lines from the Principal to
F.7 Graduates
at the Graduation Dinner

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Be a Happy Person Embrace Wisdom

愛上快樂 擁抱智慧

喜樂 = 不要悲哀
停上埋怨

(很多人只見自己沒有的，
但看不見自己所有的。)



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- A photograph of a small, vibrant green seedling with two leaves emerging from a crack in dry, brown soil. The soil is cracked and textured, with the crack following a path from the top left towards the bottom right. The seedling is positioned in the center of the crack, symbolizing growth and hope.
1. 喜樂是我們的力量
 2. 喜樂是我們的健康
 3. 凡事感恩

A group of people is walking on a snowy mountain slope. The sky is a deep blue, and the snow is bright white. The people are small figures in the distance, moving up the slope. The overall scene is serene and majestic.


最大福氣
不是要求改變環境
而是有力量面對環境



憂慮心理研究


杞人憂天的人 92%

其中: 怨天由人	30%
無端端對健康掛慮	12%
芝麻小事	10%
過份憂慮	40%



怎樣看?

飛機寫遺囑：
一位太太非常平靜
死了上天堂探大女！

A close-up photograph of a woman with long, wavy blonde hair, resting her head on a white pillow. She has her eyes closed and a serene expression, suggesting she is asleep. The background is softly blurred, showing more of the white bedding and a hint of a light-colored wall.

一個懷才不遇的作家
在找工作 →
有一次明天要去面試
發了一個夢

高白牆上種了一棵樹

白種



高中
(狀元)

多餘 ←→ 有準備

為什麼？

又穿雨衣！

又拿雨傘！



無用 ← → 有靠山
可翻身

一對情人：背靠背坐著

www.hkcalc.com/salling



魔鬼要殺 5,000人
但最後死了 50,000人
因為瘟疫來臨 --- 45,000人被嚇死！

馬克吐溫(Mark Twain)

在生命中有很多
擔憂的東西，
不過在實際上
它們太多
都不會發生！



A vibrant rainbow arches across a clear blue sky, casting a soft glow over a lush green field. In the foreground, a single, well-manicured tree stands prominently on the left side. The overall scene is bright and optimistic, symbolizing hope and resilience.

學者面對挑戰 及逆境

豐盛生命，

選擇快樂！