

GOOD SENTENCES:

- **decent, monotonous, leisure, lack of sth, detrimental effects**
- [...] will provide them with **invaluable** experience.
- By doing so, everyone would benefit from a better scientific education.
- The relationship between children and their [...] is something very **precious**.
- Although [...] may seem a **very tedious** way to go about things, it is the only sure method of success.
- The friendships formed in [...] proved to be the most **enduring**.
- [...] are **absolutely vital** for good health.
- In this respect, the family is regarded as a **vital part** of the social structure.
- It is proven that being surrounded by **like-minded** people is itself inspirational.
- Being with **like-minded** people makes one's job much more enjoyable.
- [...] is an important **milestone** in people's lives.
- [...] could have important **implications (=possible bad effects)** for future educational policy.
- [...] will **pave the way** to finding a decent job.

Writing template:

General:

- There is an old Persian **proverb** in this regard which says, "[...]," which puts special emphasis on the importance of [...]
- A philosopher, whose name eludes me at the moment, once said, "[...] ." This moving **quote** elegantly shows the significance of [...]
- We are living in an era in which [...] plays a significant role [...]
- In today's modern world, with galloping progress, [...]
- It is crystal clear that [...]

Intro:

- Some people believe that [...], while others believe otherwise. I do believe that both approaches have merits and demerits. However, I think [...]. I feel this way for several reasons, which I will explore in the following essay.
- In my opinion, the virtues of the A significantly outweigh the others.

Conclusion:

- In sum, with all this taken into account, [...]. Not only [...] but also [...]. Moreover, [...]

Gold:

physical health(healthy lifestyle):

- "Good health is not something we can buy. However, it can be an extremely valuable savings account."
- Reduced cancer risk
- better mood
- improved memory

mental health(happiness, relaxation):

- "Life is too short to be anything but happy."
- Stress can lead to decreased concentration, confusion, anger, and fear.
- When we are mentally healthy, we enjoy our life and environment, and the people in it.
- We can be creative, learn, try new things, and take risks.
- We are better able to cope with difficult times in our personal and professional lives.
- Reduction in anxiety
- Reduced risk of depression.
- Improvements in relationships.
- Sharper memory.
- Clarity in thinking.
- Higher self-esteem.
- Better sleep.
- Increased energy.

Relationship(socialize):

- "Every reasonable human being should be a moderate Socialist."
- Socializing not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills
- increases one's sense of happiness and well-being.

Time:

- Time is the most precious resource because no one can get it back.

Knowledge:

- Knowledge helps one get rid of linear thinking
- Knowledge increases one's success rate

Well-balance:

- A good life balance reduces stress which helps one to work(study) more focused and motivated.
- --- can help one to improve in all aspects of life including academics.
- Concentration is important, whether one is playing a game or studying for an exam.
- Concentration helps him or her to focus. The focus will support them to be persistent in achieving their goals.

innovation:

- Innovation enables problem-solving and provides creative insight that allows you to look at things from a different perspective.
- Innovation increases your chances to react to changes and discover new opportunities.

Teamwork:

- "Two heads are better than one."
- Teamwork teaches essential communication and social skills, such as active listening and effective speaking.

Sports:

- Playing sports on a regular basis increases your energy level and will make you more goal-oriented.