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Ms. Hovey

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Moments

Twenty four hours in a day. Seven days a week. Four weeks a month. Twelve months a year. That may not mean anything to you, but to me, the time we have makes a difference in what life is. Life harvests moments. Moments can be joyful, infuriating, depressing, and everything in-between.

All of us have moments. We may not have the same moments, but everyone has moments. You don't always have to remember the uneasy or unhappy ones. When I’m feeling down I try to remember the moments where I was happiest. I try to remember when I smile and when I laugh because those are moments I want to remember. Moments are what make us who we are. We can either learn from them or just let them be.

I've had my share of horrific moments, fantastic moments, and even moments that shall never be talked about. One of my favorite moments was when my friend moved in next door. I didn't know her at the time but I knew we would become friends. A bad moment for me would be the time I tripped on my own two feet in gym class. Let me tell you it was extremely embarrassing. Having people laugh at you. It’s not a fun thing. That's what determines how you remember moments. I tripped over my own two feet, I’ve twisted my ankle, skipping, I’ve cracked open my head. Twice. All of these are bad moments. But they don't have to be. At least not in my head. Today I look back and laugh. They might have been bad then, but now they’re good moments now.

Not every moment is going to be the best but do they really have to be? I’m not trying to be cheesy when I say to make every moment count. Moments are moments no matter how bad or good. Its your decision on how they affect you. Moments are what makes you.