**[Principle of equivalent exchange](https://www.urbandictionary.com/define.php?term=equivalent%20exchange)**

Hello my fellow students, I know how it must feels to sacrifice most of our time and energy in these days, but it's all worth it. Follow the principle of equivalent exchange and you'll see why.

According to the Oxford Dictionaries, this principle expresses that Humankind cannot gain anything without first giving something in return. To obtain, something of equal value must be lost, People cannot gain anything without sacrificing something.

That valuable item you seek will cost you dearly. You’ll have to let go of something you already value in order to pursue it. We know this to be true because we’ve seen it play out in our lives.

Completing personal goals, achieving wealth, working through a career change, renewing your spiritual walk, healing relationships none of it comes easy. None of it happens without great sacrifice. The question you need to ask yourself is, “Will I be willing to give up “this” to pursue “that”?

This principle is not just for personal gain, as this phrase says, “Sacrifice for the good of the people”. In history, one can find many examples where figures risked their time, efforts, even their own lives in order to make a change, contribute to a good cause or to save lives. Martin Luther King receive jail time, confronted racism and lost his life, but thanks to him and his civil rights movements, the civil rights act was made, that prohibited racial segregation.

So I, as a student, I can tell you that every single Day we go to our classes, do the homeworks, study late at night, make presentations, all of it, it's worth it, cause one day all the hard job we did, will pay off, and we'll achieve what we have been pursuing, whether is the dream job or start a new family, everything will lead you to total happiness.