Day one

It’s also very important to record even just that one second of a really bad moment. It really helps you appreciate the good times. it’s not always a good day, so when you have a bad one, I think it’s important to remember it, just so much as it is important to remember the good days.

时间匆匆，每一秒都值得珍惜。困难的时光、欢乐的时刻都很重要，困难的时刻的记忆，让我们学会居安思危。珍惜人生每一时刻，度过自己独一无二的人生。

Day two