

Good morning, Ms Cheng, teachers and fellow students. Today I would like to share a short story with all of you.

Do you love eating chocolate lava cake which is called 心太軟 in Cantonese? But I am not sure if many of you know how it was invented. In 1987, a chef failed to bake a chocolate sponge cake. It was undercooked as the center of the cake was runny. Yet, neither did he blame himself nor have any negative thought. Instead, he was so positive. He believed that it was a 'gift' to him as it had inspired him to make cakes which were molten in the center. He was therefore the one who invented the chocolate lava cake.

Dear all students, you may not have the experience of baking a cake unsuccessfully. But I believe that everyone of you has faced different hardships in your life such as failing a quiz or losing a competition. And you have been sad and worried owing to all of these unsuccessful events. Remember, it is not life which determines our emotions and attitudes. Instead, it is "ourselves" who decide how we feel and how we think. You can make every day as a cool day but not just simply a school day. You can treat every difficulty as a present but not to face it with discontent. You can choose to be optimistic but not pessimistic.

Despite the uncertainty, worries, unfortunately events in your life, I would like to end my speech with a quote which has inspired me a lot in my adversity – "In the darkest sky you can see the brightest star". Thank you.