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There are 24 hours in a day. Approximately eight of these hours we spend sleeping, nearly seven of them we spend at school, and for those who are

good at quick maths, this leaves about nine hours each day to do whatever you want to do.

And nine hours is quite a long time to put your energy into something that you choose.

When you think deeply about it, the concept of time is rather strange. It is something that we can not buy back or replace, it is just there, no matter what happens, our clocks will never stop ticking.

In economical terms, as Mr Rosenberg would say, time is one of our scarce resources. No one ever seems to have enough of it. When I read in my book the other day that on average we all have approximately just 30,000 days on this planet, I thought this was an alarmingly small number, and it gave me a bit of a wake up call as to just how precious time is.

Yes we all have to spend some of our time at school, sleeping in bed each night, and doing things that we would rather not do. But as I said earlier, nine hours is quite a long time to put your energy into something that you choose.

Think about it like this. Imagine that at the start of everyday, your bank credits your account with \$32,400 dollars and you are able to spend it in any way that you choose. The catch however is, that once the clock strikes 12 at night, your account deletes every cent of money that you failed to spend, your balance returns to zero, and until your account is replenished with a further \$32,400 dollars the next day, all that wasn't used is lost forever.

We all have these bank accounts, however instead of money, the currency is time. At the start of each day our bank opens a new account called "time" and our \$32,400 dollars that we are given, represents each second

in the nine hours of time each day that we can spend in any way that we choose.

How are you best to spend your time? Well that is entirely up to you.

We can choose to do just about anything, but not everything in life, and so this is why you must understand and know your values and priorities.

You might decide to spend it playing sport, working on one of your internals, hanging out with your mates, at a part time job, with your family, by yourself, a mixture of the above or on something else entirely. But however you decide to spend your time, please bear this in mind. It is how we use our time that defines who we are, and the impact that we can make in our own lives and to the lives of others.

So girls, is it going to be scrolling through social media on your phone, or are you going to challenge yourselves to use your precious nine hours in an arguably more productive way that will benefit your personal wellbeing and possibly the success that you will endure in the future?

It's entirely up to you, but just remember, regret your decisions or not, approximately 30,000 days is all we've got.