# 大学生英语演讲范文：如何丰富人生

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*ladies and gentlemen.　　i\'m so glad you\'re here.　　i\'ll be talking about life today.　　life goes by so fast.　　we shouldn\'t ...*

ladies and gentlemen.

　　i\'m so glad you\'re here.

　　i\'ll be talking about life today.

　　life goes by so fast.

　　we shouldn\'t waste any time.

　　we should all lead colorful lives.

　　i have four golden rules.

　　i want to share them with you.

　　follow these tips and you\'ll have a colorful life.

　　first,focus on quality.

　　make quality your life goal.

　　make quality your calling card.

　　do your best every day.

　　do everything to the best of your ability.

　　focus on being a quality person.

　　opportunity will find you.

　　success will follow you.

　　you\'ll earn respect and have a great reputation.

　　second,treat people well.

　　love to greet them and meet them.

　　love to interact and be with people.

　　value people and relationships.

　　value time with friends and family.

　　give and share to really live.

　　people are the secret to hapinness.

　　people are the key to a colorful life.

　　we must always treat them right.

　　third,you must treat your body right,too.

　　you can\'t enjoy life without good hea lth.

　　being healthy leads to a colorful life.

　　you\'ll have more energy.

　　you\'ll attract more people to yourself.

　　you\'ll also add more years to your life.

　　everyone must exercise regularly.

　　everyone must eat nutritiously.

　　maintain good health continuously.

　　fourth,love deeply and have passion.

　　commit totally to what you love.

　　commit 100% to your relationships and career.

　　have a passion for living.

　　have a passion for learning.

　　be fearless and try new things every day.

　　love people with all your heart.

　　love learning and knowledge with all your soul.

　　be passionate every single day.

　　in conclusion,remember the four golden rules.

　　say these four simple words.

　　say,\"quality,people,health and passion\" every day.

　　try to slow down and relax.

　　appreciate the little things in life.

　　appreciate the beauty all around you.

　　you can have a wonderful life.

　　you can have a colorful life.

　　just follow the suggestions here today.

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