# 以珍惜时间为题英语演讲稿5篇范文

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*时间，每天得到的都是24小时，可是一天的时间给勤勉的人带来智慧与力量，给懒散的人只能留下一片悔恨。时间就是生命，时间就是速度，时间就是力量。因此，我们要珍惜时间。下面给大家分享一些关于以珍惜时间为题英语演讲稿5篇，供大家参考。以珍惜时间为题...*

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**以珍惜时间为题英语演讲稿(1)**

Time, was a strange thing, it makes all sickness and death. When there issomething born of time, from that moment the beginning of time has passed. Howto we do? We can only seize the opportunity to seize life, to do the masters oftheir own destiny.

I have thought about a problem, what is time? I think that time is of themind in life when the runway, and it is responsible for the completion of amission of a subpision.

Can not recover the past, the past is a good time regardless, or painfuland have to stay in our memory, our experience has enriched and matured ourthinking. Occasionally, the memories, can regulate our emotions, purify ourhearts. Has been really obsessed with old things is not desirable because it ismore important now.

I read a Soviet writer Nicholas? Alec? Ostrovsky\'s book \"How to MakeSteel\", I was moved to this section of the article so that impressed me: \"Lifebelongs to the people only once. one\'s life should be spent this way: when helook back, he does not regret the years wasted, not because of the shame . Thus,in death, he will be able to say : \'I own a whole life and energies arededicated to the world\'s most magnificent cause - the cause of humanity andthestruggle of liberation. \" Yes ah life time were more valuable it, especially thejuvenile time. From now on, I have to cherish.

I\'ve heard such a story: The pressure in the rubble and stones following agrass, it is a longing for the sun to reach it the will of Health, no matter howheavy stones above, between the rocks and stones How to narrow the gap, italways twists and turns, the tough and up through to the ground. Its root to thesoil under the long shoots to the ground it stands, this is an irresistibleforce of life, to prevent its stones were thrown to the. Xiaocaohu a vitality sogreat that people can not help but sigh.

Yes ah, life will be like this, like the grass, no matter whatcircumstances, are making progress will never bow, the only way of life is thebest, the most meaningful. Time is of the essence, time is gone forever, and wemust treasure this good time, study hard, grow up, the effectiveness of themotherland. It is also the so-called \"one inch by one inch gold time, gold-inchinch time. Let us cherish the time with it!

**以珍惜时间为题英语演讲稿(2)**

Good morning, everybody!

In this world, there is one thing that is very fair to everybody, whetheryou are a male or female, young or old, rich or poor. Does anybody know what itis called?

Right. It is time. The topic I am going to present to you today is called “Treasure Every Minute”.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to apremature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting tomeet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided anaccident.

To realize the value of ONE MILLISECOND, ask the person who won a silvermedal in the Olympics.

Treasure every moment that you have! And treasure it more because youshared it with someone special, special enough to spend your time with.

And remember that time waits for no one. Yesterday is history. Tomorrow isa mystery. Today is a gift. That\'s why it\'s called the present!! The clock isrunning. Make the most of today.

Good luck, everybody!

**以珍惜时间为题英语演讲稿(3)**

One night， I complained to my mom about the lack of time. Finally shesaid，\"you are short of time just because you waste precious minutes oncomplaints and anxiety. The point is， no matter how full your schedule is， ifyou try really hard， you can always fit in some thing more.\"

It is the same with filling the jar. Even if you place a dozen fist-sizedrocks and a bucket of gravel into the jar， there is still space for sand andwater between the rocks and gravel.

The lack of time is just the excuse for my negligence of every singleminute. I believe that the great piding line between success and failure canbe expressed in six words，\"I did not have enough time.\"The fact is I do haveexactly the same number of hours per day that were given to Helen Keller，Pasteur， Thomas Jefferson， and Albert Einstein. The point is I have nevertouched upon the real meaning of life which lies in snatching， seizing andenjoying every minute of it. No idleness， no delay， no procrastination， nocomplaint! It is during my moments of complaining or hesitation that my destinyis shaped. Once I make full use of every moment， I believe that， my worries willbe gradually cut down to nothing.

Time is the most valuable of all our possessions， but the most perishableas well. As Henry David Thoreau said，\"You must live in the present， launchyourself on every wave， find your eternity in each moment.\"

Whenever I fell the lack of time in the future， I will tell myself \"Carpediem ， seize the day， make every moment count.\"

**以珍惜时间为题英语演讲稿(4)**

Hello， ladies and gentlemen! It is my honor to share my topic with youhere. And my topic is Time Is Valuable.?? Time flies. The article cong cong ofZhu Ziqing also tells us time is rare. We all know that ：Time is life， at homewe have parents advisement， at school we have teachers advisement. But whotreasures time as life?

Now let’s enjoy a story： One day a young man visited great educatorBanjieming. When Banjieming opened the door， to the young man’s great surprise.：his house was very dirty. “I’m sorry， It’s too dirty. Wait a minute please.Banjieming said and closed the door.

One minute later， Banjieming opened the door again and said： come in please. This time what the young man saw was a clean and clear sitting room.

“OK， You may go now. Banjieming said ， “But I ， I havn’t remit to you”. Theyoung man asked. “Isn’t it enough? Looking at the room， “ Banjieming said. “Youhave been here for one minute.” “One minute? One minute， Oh I know. You tell mea truth： We can do many things in a minute.” The young man left withsatisfaction.

The story is short but meaningful. Just like the story says：

one minute isn’t long. But our life is made of such minutes. In fact onlytreasure time ， will you succeed， only treasure time， will you realize yourideal. Only treasure time will you achieve what you want.

We should make good use of time to study hard or to do something meaningfulfor yourself. So， we should plan the time to study and relax，especially at usewe have more free time at home，so that we can use that time to do a lot ofthings.

However，how can we plan the time? There are different ways for differentexample， somebody like to study in the morning， and relax in the the contrary，somebody like to relax in the morning， and study in the body even think the besttime to study is in the erent ways for different all the ways have one thing incommon.

That is the need for practical action. If you want to change a difficultsituation， if you want to change yourself， if you want to make good use of timeto study， you must put into not， your plan will be not meaningful.

So dear fiends， please treasure every minutes of your life. Only like thiswill you have an excellent future. Thank you very much.

**以珍惜时间为题英语演讲稿(5)**

　　my brother-in-law opened the bottom drawer of my sisters bureau and liftedout a tissue-wrapped package. this, he said, is not a slip. this is lingerie. hediscarded the tissue and handed me the slip.

　　it was exquisite, silk, handmade and trimmed with a cobweb of lace. theprice tag with an astronomical figure on it was still attached.

　　jan bought this the first time we went to new york, at least 8 or 9 yearsago. she never wore it. she was saving it for a special occasion.

　　well, i guess this is the occasion.

　　he took the slip from me and put it on the bed, with the other clothes wewere taking to the mortician. his hands lingered on the soft material for amoment, then he slammed the drawer shut and turned to me, dont ever saveanything for a special occasion. every day you re alive is a specialoccasion.

　　i remembered those words through the funeral and the days that followedwhen i helped him and my niece attend to all the sad chores that follow anunexpected death. i thought about them on the plane returning to california fromthe midwestern town where my sisters family lives. i thought about all thethings that she hadnt seen or heard or done. i thought about the things that shehad done without realizing that they were special.

　　im still thinking about his words, and theyve changed the weeds in thegarden. im spending more time with my family and friends and less time incommittee meetings. whenever possible, life should be a pattern of experience tosavour, not endure. im trying to recognize these moment now and cherishthem.

　　im not saving anything; we use our good china and crystal for everyspecial. event such as losing a pound, getting the sink unstopped, the firstcamellia blossom… i wear my good blazer to the market if i feel like it. mytheory is if i look prosperous, i can shell out $28. 49 for one small bag ofgroceries without wincing. im not saving my good perfume for special parties;clerks in hardware stores and tellers in banks have noses that function as wellas my party going friends.

　　someday and one of these days are losing their grip on my vocabulary. ifits worth seeing or hearing or doing, i want to see and hear and do it now. imnot sure what my sister wouldve done had she know that she wouldnt be here forthe tomorrow we all take for granted.

　　i think she would have called family members and a few close friends. shemight have called a few former friends to apologize, and mend fences for pastsquabbles. i like to think she would have gone out for a chinese dinner, herfavorite food. im guessing. ill never know.

　　its those little things left undone that would make me angry if i knew thatmy hours were limited. angry because i put off seeing good friends whom i wasgoing to get in touch with someday. angry because i hadnt written certainletters that i intended to write one of these days. angry and sorry that i didnttell my husband and daughter often enough how much i truly love them.

　　im trying very hard not to put off, hold back, or save anything that wouldadd laughter and luster to our lives. and every morning when i open my eyes, itell myself that every day, every minute, every breath truly, is... a gift fromgod.

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