In a contemporary society the issue of using time appears to be extremely controversial. Some people are firmly believe that we have a lot of time and we can reschedule things for later to have fun. They watch TV all the time, spend time with friends. Career or achievement of goals do not take a first place in their life. Others think that we have so little time to waste it. We need to use it wisely.

Personally, I support those people who consider that there is not much time to waste it. There are several tips to use your time correctly. Firstly, develop your talents, practice what you can: draw, play musical instruments and others. Training a skill every day you will become closer to success. Secondly, use your time to learn something new, for example, to learn a new language, business or art, what you have inclinations and desire for.

Nevertheless some people take the view that sometimes you need to rest, stop and think about what is important for you. No rest is impossible. You need to do what you want, what you like. Do not exhaust yourself.

In spite of the fact that this opinion is reasonable I can't fully agree with it. Of course, rest is an important part of labor, it is necessary to use time rationally. Include sleep, time for snacks and entertainment in your schedule. Without these things, life will become monotonous and burdensome. If you work hard, but do not have fun and relaxation, your motivation will decrease, and your goals will be more difficult to achieve.

In conclusion I want to say that in the modern rhythm of life, a person hardly has time to sleep, combining work, study, hobbies, family, friends, personal care and housekeeping. Someone chooses the easy way, they can sit for hours in front of a TV or on the Internet, not work and not even have a hobby, just exist. But what will these people come to in the end? If you want to achieve something, if you have a goal, then you need to strive for it and use your time for this.