



YOU NEVER FORGET – TIME NEVER COMES BACK!

Oripov Sardorjon

High school student, Kasbi 16 th State School ; Participant of the Presidential “National Program for Talented Students”, Uzbekistan.

Annotatsiya: Ushbu maqola vaqtning inson hayotidagi eng qimmatbaho va qaytmas resurs ekanligini ta’kidlaydi. Muallif vaqtni behuda sarflashning asosiy sabablari — maqsadsizlik, raqamli chalg’ituvchilar va texnologiyaga haddan tashqari bog’liqlik haqida gapiradi. Tarixiy va zamonaviy buyuk mutafakkirlarning fikrlari bilan boyitilgan maqola, har bir daqiqani qadrlash va hayotni maqsadli yashash zarurligini o’rgatadi.

Annotation: This article emphasizes that time is the most precious and irreversible resource in human life. The author discusses the main reasons for wasting time—lack of clear goals, digital distractions, and overdependence on technology. Enriched with insights from great historical and contemporary thinkers, the article teaches the importance of valuing every moment and living a purposeful life.

Аннотация: В данной статье подчеркивается, что время — самый ценный и невозвратимый ресурс в жизни человека. Автор рассматривает основные причины траты времени — отсутствие чётких целей, цифровые отвлечения и чрезмерная зависимость от технологий. Обогащённая мыслями великих исторических и современных мыслителей, статья учит ценить каждый момент и жить осмысленно.

Keywords : *value of time, wasting time, goals and motivation, digital distractions, dependence on technology ,personal development ,time management ,life’s preciousness, modern technology ,motivation and purpose*

Time is the most precious and irreplaceable treasure in human life. It flows silently, never stopping for anyone. Once a single moment passes, it becomes a part of history that can never return. As the famous English writer Charles Darwin once said, “A man who dares to waste one hour of time has not discovered the value of life.” Unfortunately, many people fail to realize this truth and waste their priceless time on trivial matters.

Lack of clear goals and motivation

One of the primary reasons people waste time is the absence of strong goals and motivation. When a person has no clear vision for the future, they easily get lost in temporary distractions. Many spend long hours playing computer games or scrolling through social media applications like Instagram and Facebook. The endless flood of videos, pictures, and advertisements captures their attention and weakens their focus. As Benjamin Franklin wisely remarked, “Lost time is never found again.” Those who understand this never allow small pleasures to replace meaningful achievements.

Digital distractions

The modern digital world offers both opportunities and dangers. It connects people globally, yet it also consumes their time silently. People spend hours watching meaningless



videos, chatting aimlessly, or creating content that adds no real value. The novelist Paulo Coelho once wrote, “The secret of life is to fall seven times and get up eight times.” This reminds us that time should be used for self-improvement and learning, not wasted on digital illusions. If individuals managed their screen time wisely and used technology for education or creativity, they would become far more successful and satisfied.

Laziness and over-dependence on technology

Technological comfort has made life easier but also encouraged idleness. Both the young and the elderly often prefer comfort to effort. Machines now perform tasks that once required energy and discipline. As a result, people become passive observers of their own time. The philosopher Seneca once wrote, “It is not that we have a short time to live, but that we waste much of it.” Indeed, life feels short only when we misuse it.

Conclusion

Time is the most valuable resource given to humanity. It cannot be bought, borrowed, or regained once lost. Every second that passes shapes our destiny. Therefore, we must respect every moment, set meaningful goals, and use our time wisely to build a purposeful and fulfilling life. After all, as the poet William Shakespeare wrote, “Make use of time, let not advantage slip.” Those who value time truly value life itself.

REFERENCES:

1. Darwin, C. (1887). *The Life and Letters of Charles Darwin*. London: John Murray.
2. Franklin, B. (1758). *Poor Richard’s Almanack*. Philadelphia: Benjamin Franklin.
3. Coelho, P. (1988). *The Alchemist*. New York: HarperCollins.
4. Seneca. (circa 49 AD). *On the Shortness of Life*.
5. Shakespeare, W. (1593). *Venus and Adonis*. London: Richard Field.
6. Covey, S. R. (1989). *The 7 Habits of Highly Effective People*. New York: Free Press.
7. Newport, C. (2016). *Deep Work: Rules for Focused Success in a Distracted World*. New York: Grand Central Publishing.
8. Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. New York: Harper & Row.