

Not Lazy, Only Indulgence

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When you're melting in your bed, glued to your phone and ignoring important tasks you must complete, you'll assume that it's laziness. But it's not laziness, you'll naturally say that since you're accustomed to that belief. Though, that's not the case. This article will deep dive into the roots of your mindset on how your brain is built.

"Permanent" laziness

Almost every problem you have is temporary; permanent until you grasp a way, even if it's not a shortcut. 90% of people want a shortcut for every obstacle that blocks you short term from reaching long term success. For each obstacle you enable the more it piles up into a clog of habits because your brain gets used to being said yes to its slacking demands. Therefore, after years of spoiling it, it becomes 'lazy' and refuses to work with short time solutions to consistently do a routine. How about you take a break from the loop, stop procrastinating and actually stick to a plan?

Temporary Motivation

"I'll do it when I have motivation," says you whenever you have a task. People rely on motivation, a small dose of temporary dopamine that kicks randomly when you're about to sleep, staring at the ceiling, and bored. Why's motivation short? It's like a ghost; comes and goes whenever it pleases to leave you



with meaningless productivity. Then you're back to the good old habits the next day, sometimes even less than an hour. Instead of treating it as a solution to your laziness, see it as a headstart your body's flagging for you to start doing work naturally. Use it to keep pushing yourself to do other tasks other than the one you were assigned, without stopping once your energy runs out.

Techniques over productivity

Who likes being productive and feeling busy? You feel busy, except you're not doing anything that your brain will register as important memories. For example, aesthetes will buy cute highlighters and pens to study. You're not learning, not a word; and you won't remember, not a thing. Your brain relies on understanding the gears of concepts instead of memorizing the meanings word for word. Learning what's a concept, how it works, problem solving, combining, and recalling it will guarantee a place in your memories. You're not going against your brain, just finding ways to

manipulate it in your favor. It has its own instincts for survival, guiding you; however, it doesn't mean to let it control every aspect of your mindset.

Commitment

Since I've made you self-conscious you might be wondering, "How can I stop the loop?" It's pretty simple. Stop listening to every existing YouTube tutorial, stick to one that fits you best. You need to have focus, put away every distraction like phones to somewhere your brain might be too lazy to reach. Then, start with your task! Make sure you're locked in for 15 minutes minimum because your brain takes time to adjust to focus. Set a timer, be strict with yourself. You'll need a routine to commit and become consistent, plan one. Record your progress, watch it increase over time. Remember, patience is needed to achieve greater good results. In conclusion, feeding into the bad influence of your brain and mindset causes layers of hard reversible habits. Those become obstacles when it's time to do tasks, and further indulged with remarking it as laziness. You need to stop relying on productivity, motivation and train yourself to work without them. Your laziness is permanent until you decide to turn it temporary. Make a routine for your daily life, plan your steps, take it slow and you'll bear the fruits of your labor!





Forward Unto Dawn, Toward a Future of Prosperity

■ **Do Lam Cin Khup,
Pan Tha Zin, Shwe Pearl Phyu**

To begin

In 2050, the world will be very different from today. Thanks to fast technology advancements and artificial intelligence (AI) improvements, our live and work will change a lot. People will use clean energy like wind and solar power instead of burning fossil fuels. There will be a lot of opportunities to build our futures brighter.

Technological advancement

Technology is advancing rapidly and shaping every aspect of our lives—from energy and healthcare to construction and agriculture. In the future, we may rely entirely on efficient renewable energy, greatly reducing our carbon footprint and slowing climate change. Space exploration could lead to industrialization and commercial opportunities beyond earth. With improved engineering and agricultural methods, we could solve challenges like world hunger

and build taller, more advanced structures. However, automation may lead to unemployment and social issues, even as worker safety improves in industrial settings.

Advancement of artificial intelligence

AI has long been imagined in films, but today it is becoming a practical tool in education, science, and medicine. While current AI is not yet at the level seen in movies,

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its potential is vast and growing. In the future, ai may be used to teach complex subjects, diagnose diseases, and assist in scientific discoveries. Despite these possibilities, AI still has a long way to go before surpassing human intelligence and is currently in a testing and development phase let us made a better future.

Cultural changes

AI could be a big aspect of art, entertainment, traditions and even decision-making. students amd staffs will attend school, meetings and their work through online without leaving their homes. Equality between men and women will be stronger all around the world. Old traditional customs may disappear slowly but new ones form time by time. People from different places will also join traditional culture festivals and many events together. Virtual concerts, holographic concerts and cinema will be an only option. worldwide may accept gender equality, and more

recognition of different identities (lgbtq + rights) in societies all over the world.

Climate change

The world might be totally ruined or destroyed by 2050. The effects of climate change could worsen. Earthquakes, like the one in myanmar, may increase as a result of global warming brought on by the release of carbon dioxide (CO2) from burning fossil fuels to create power and CFC gas from refrigerators. Greenhouse gases are the cause of the greenhouse effect. Skin cancer may result from its effects on UV radiation from sunlight. The melting of mountain ice results in high sea levels, which can also create flooding and water scarcity. In the future, the planet might split in two, or there might be no more life on it.

Energy and sustainability

It's possible that non-renewable resources, like fossil fuels, will be hard to locate or scarce in 2050. However, it might be highly advanced in the use of renewable resources including tidal, hydroelectric, wind, and solar energy. The rise of sustainability may be seen in sustainable land use and agriculture, sustainable building, sustainable transportation, etc. in the future, there might be greater technological advancements

and a variety of renewable energy sources available.

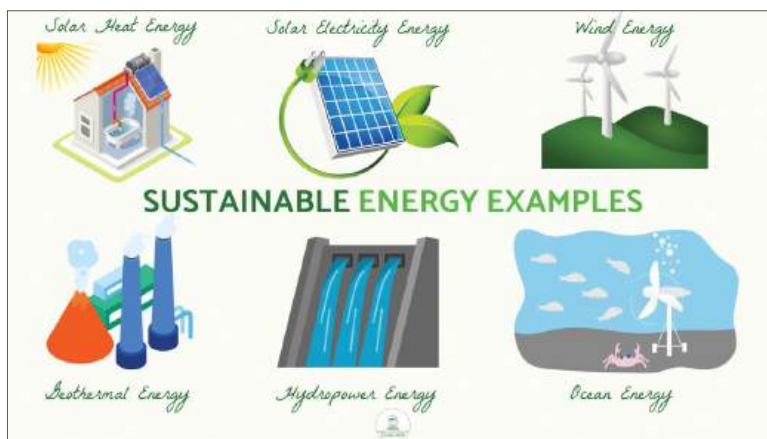
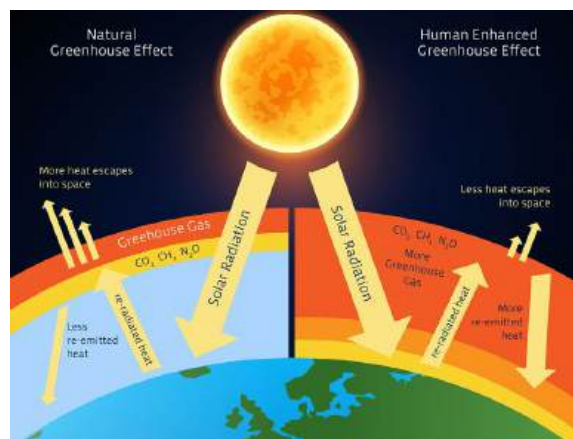
Healthcare advancements

Robots and artificial intelligence (AI) will help doctors to cure and give treatments to patients. High techonological machines and latest version of health alerts will remind people's health on time. We cannot even think how medical technology will improve in 2050. Intense diseases like HIV, various types of cancer, Alzheimer's can be able to cure by 2050. Universal healthcare is the need of all people.

Brain-computer interfaces will be used for mental health such as depressions, anxieties, and other conditions. All diseases will be cured and people can be able to live till 100 years old with good health. scientists will make fake limbs or organs in labs to transplant patients so that they will not need to wait for donors.

Conclusion

The future is uncertain but full of possibility. It's up to us to stay hopeful and contribute to building a better, more sustainable world. By Embracing technology responsibly, we can shape a future that benefits everyone. Let us work toward a tomorrow our children can thrive in.



GPIS Christmas Event 2025: A Joyful Celebration of Talent and Togetherness

Global Pathways International School celebrated the festive season with the GPIS Christmas Event 2025, bringing together students, parents, teachers, and staff for a joyful afternoon at the Sule Campus. The event opened with a warm welcome and quickly set a cheerful tone filled with Christmas spirit and community togetherness.

The programme featured lively performances by the GPIS Dance Club, an engaging presentation by the GPIS Drama Club, and beautiful musical performances by our talented students. A highlight of the afternoon was the Festive Gift Exchange, which filled the venue with laughter, excitement, and holiday cheer.

The celebration concluded with refreshments and visits to the

Community Service Corner, where handcrafted crochet items were showcased by the GPIS Community Service Club. The event ended on

a note of gratitude, celebrating the creativity, teamwork, and festive joy that made the GPIS Christmas Event 2025 truly memorable.





Global Pathways International School



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