

Topic:- The time to repair the roof is when the sun is shining

Outline:-

1. Introduction

Thesis Statement:- The adage "the time to repair the roof is when the sun is shining" emphasizes the importance of dealing with the problems early on when they are small and manageable. It reveals the secrets of foresight, preparedness and proactive actions. Whereas, procrastination hinders potential for success and brings anxiety.

2. Exploring the profound message behind the saying.

3. Why it is wise to fix things when conditions are favourable

- a) problems are easily resolved when conditions are favourable.
- b) Timely actions save time, energy, money and resources.

- c) Proactive nature helps in grabbing opportunities and desired outcomes.
- d) Small steps taken to nip the problem in the bud are more fruitful than bigger steps taken on high times.

4. Implementation of saying in various aspects of human life

- a) Preparation of crisis or downturn when the business is thriving.
- b) Investment in skill, education and career development before loss of job or career stagnation.
- c) Management of finances before financial crisis or debt.
- d) Adopting healthy eating habits and preventive measures rather than waiting for a severe illness to arise.
- e) Anxiety and pressure during exams due to procrastination in exam preparation.
- f) Minor repair of homes, vehicles or other appliances before they turn into major expenses.

5. Proactive approach in national issues leads to development and prosperity.

- a) Pakistan's decision of becoming a nuclear power in its early years.
- b) Addressing internal challenges during periods of stability and progress.
- c) Economic resilience projects in thriving periods to get rid of IMF loans.
- d) Investment in health infrastructure to efficiently cope up with pandemics like: COVID-19.

6. What happens if roof is not repaired on time.

- a) Reduced productivity and reputational damage due to last minute scrambling.
- b) Anxiety and stress due to missed deadlines.
- c) Hinders potential for success, fulfilment and overall well-being.

7. Conclusion

Essay:-

The adage "the time to repair the roof is when the sun is shining" emphasizes the importance of dealing with the problems early on when they are small and manageable. It reveals the secrets of fore-sight, preparedness and proactive actions. Whereas, procrastination hinders potential for success and brings anxiety. The classic fable "The Ant and The Grasshopper" is a timeless reminder of benefits of proactive actions and prudent use of time and resources. It revolves around an ant that works diligently during the summer to store food for winter, while the grasshopper spends its time singing and playing. When the winter arrives, the grasshopper, unprepared and without food, asks the ant for help, but the ant reminds the grasshopper of the importance of using time wisely and planning for the future. The story emphasizes the management of issues on time and prudent use of resources. It is

Make this story either attention catcher or avoid adding it in introductory paragraph

because problems are easily resolved when they are small and manageable and timely actions save time, money, energy and resources as well. The adage can be implemented in human life through an individual's investment in skill, education and career development before loss of job or career stagnation or an individual adopting good healthy habits to get healthy life instead of waiting for an illness to arise and ~~adopt~~^{opt} these preventive measures.

likewise, proactive approach in natural issues leads to development and prosperity of a country. Pakistan's decision of becoming nuclear power in its early years saved it from any external threat. whereas,

consequences of not repairing roof on time brings stress and anxiety. It also results in reduced productivity and reputational damage due to last minute scrambling.

The phrase "the time

to repair the roof is when the sun is shining" is a wise saying that emphasizes the importance of dealing with the problems when they are small and manageable, instead of waiting until they become bigger and more challenging. The phrase is often used to encourage proactive problem-solving and timely actions, particularly during peaceful moments, to prevent problems from escalating into major crises. It is a famous saying that "nothing lasts forever," neither the good times nor the bad times." Therefore, over centuries, numerous ancient texts and philosophers have advised people to prepare for the inevitable downturn, while enjoying the present upturn.

To begin with the importance of proactive actions, it is wise to fix things when conditions are favourable because problems are easily resolved when conditions are favourable. When conditions are

It means that circumstances are in favour of a person making it easier to solve a problem. This gives smooth path ahead with fewer obstacles to overcome. For instance, one is trying to solve a problem at work and ^{has} the supportive team, access to ~~the~~ necessary resources and a positive work environment. ~~makes~~ such person would find it much easier to find solution and achieve success. However, negligence in solving the issue at first hand might have resulted in unfavourable conditions to resolve a issue in future. This is how favourable outcomes problems are solved easily when they are small under favourable conditions.

Another reason to fix things when conditions are favourable is timely actions save time, money, energy and resources. When one act promptly and efficiently, one can prevent problems from escalating or becoming more complicated.

For instance, an individual notice a Leak in his home. By addressing it immediately, he can avoid further damage, saves money on repairs and conserve energy by preventing water wastage. This would help in preserving resources, too. In this way an individual saves the resources, time, money and energy that would have been used to fix a large issue. So, being proactive and taking timely actions can make a big difference in optimizing resources, ones money, ones energy and ones time as well.

To add more to it, it is wise fix things when conditions are favourable because proactive nature helps in grabbing opportunities and desired outcomes. Being proactive can be a game changer. One who have proactive nature, actively seek out and create opportunities rather than waiting for them to come. This mindset allows to stay ahead of games spot potential openings and

take actions before others do. This can be evident from "proactive coping theory" which says, "Individuals who engage in proactive behaviours, such as planning, problem-solving and seeking support are better equipped to deal with potential stressors and challenges. In this way proactive nature helps in grabbing opportunities and getting desired outcomes.

Moreover, it is wise to fix things when conditions are favourable because small steps taken to nip the problem in the bud are more fruitful than bigger steps taken on high times. Sometimes, problems can feel overwhelming, but by breaking them into smaller, manageable tasks helps in tackling them effectively. Theory that support the importance of taking small steps is the "Kaizen". Kaizen, which in Japan, emphasizes continuous improvement through small incremental changes. By focusing on small manageable steps, Kaizen

encourages individuals to make gradual progress and achieve long-term goals. This is how small steps taken in right direction to solve the problem prevent them from escalating or causing further complications.

Furthermore, the saying has implementation in various aspects of human life. An individual can relate with the phrase in his professional life by preparing himself for the crisis or downturn when the business is thriving. One who takes steps to prepare for crisis during good times, minimizes the impact of potential challenges and ensures the long-term stability of the project. It's like having a insurance policy to protect your hardwork and investments. Along with this, preparing in advance gives a sense of control and confidence, knowing that one is ready to face any obstacle that may come in the way to success. So, repairing roof on time maintains

the momentum and keeps smooth path to success.

In the same manner, the phrase helps one in self-growth. It emphasizes the investments in skill, education and career development before loss of job or career stagnation. An individual, by continuously upgrading in his skills and knowledge, increases his employability and adaptability. It makes it easier for him to find new opportunities or transition to different roles if needed. As industries evolve, new technologies and practices emerge with time. So, the one who has already invested in education and skill development would adapt ~~himself~~^{one} according to the changing requirement of the industry. It thus helps in professional growth rather than being reactive when faced with unexpected circumstances.

To add more to it, the proverb

warns about the management of finances before financial crisis or debt. By managing finances well in advance, one can avoid falling into the trap of excessive debt. It allows an individual to get a good financial habit such as saving regularly, tracking expense and living within ones means. The world bank reported that Pakistan's gross national savings rate stood at around 13.3% of GDP in 2020. This is encouraging higher saving rates that might help individuals and the economy as a whole to build a strong financial foundation. Thus, this approach of managing finances and repairing roof during sunshine gives more financial flexibility and ~~without~~ one ability to handle issues without accumulating additional debt.

In addition, the adage heeds ones attention towards adopting healthy eating habits and preventive measures rather than waiting for

a severe illness to arise. Healthy eating habits strengthen the immune system and improve overall health. When one nourish ones body with nutritious food, one get the essential vitamins, minerals and antioxidants they need to function optimally. Research suggests that a balanced diet, rich in fruits, vegetables, whole grains and lean proteins, provides essential nutrients and antioxidants that support immune system. Incorporating healthy eating habits and preventive measure supports the body's natural defense mechanism. This is how healthy eating prevent the chronic diseases and ensure overall well being.

Along with this, students can get benefit from the adage by preparing themselves for the exams when sun is shining. Those who do not prepare themselves on time for exams face anxiety and pressure ~~measures~~ due to procrastination. It contributes to

increased stress level because of last minute study and incomplete assignments. This stress can be witnessed by procrastination-panic cycle, which suggests that "when tasks are delayed, they lead to short-term relief but give long-term stress and anxiety. Waiting until the last minute to study or complete assignments can leave one overwhelmed and anxious. Therefore, the adage suggests the students to build roof when the sun is shining.

same is the case with minor repairs of homes, car, and other appliances. Minor repairs promptly can help prevent bigger issues down the road. By fixing small problems early on, one can avoid more extensive damage or costly repairs later. It is a famous saying that "a stitch in time saves nine." It emphasizes the prompt action as delay may lead to large, more difficult issue. If any damage in the house

or maintenance in the case left-
unattended, the issue may worsen,
requiring more expensive mending
later on. This is how adage emphasizes
routine maintenance activities to
ensure longevity and efficiency of
their homes and appliances.

Discussing further and
exploring the topic at national level
reveals that proactive approach in
national issues leads to development
and prosperity of the country. To
begin with the Pakistan's decision
of becoming a nuclear power in
its early years. Pakistan emerged
on the map of the world as a
country with several challenges.
In spite of all these issues, Pakistan
decide to become super power
to defend itself from enemies.
In this regard, former president of
Pakistan, Zulfikar Ali Bhutto said "we
(Pakistan) will eat grass, even go hungry,
but we will get our own atom bomb.
we have no other choice." This proactive

approach of leader made Pakistan a country with nuclear power and saves country from any external threat.

Furthermore, country's proactive approach lies in addressing internal challenges during periods of stability and progress. This approach fosters conducive environment for long-term development. One of the excellent example of such proactive actions is Singapore. Despite its small size and limited natural resources, Singapore has successfully tackled various internal challenges such as unemployment, housing shortages and economic diversification. Through proactive government policies and strategic planning, Singapore has transformed into a global economic powerhouse with a high standard of living. This exemplifies that addressing internal challenges during periods of stability and prosperity with a proactive approach results in progress and prosperity of a country.

Moreover, a country may witness progress and development by designing launching economic resilient projects in thriving periods to get rid of IMF loans. Through such projects country can promote self-sufficiency and sustainable economic growth. According to world bank report, Pakistan has asked for ~~IMF~~ loans from IMF, 23 times, this is more than any other country in south Asia. This is because Pakistan has not addressed its economic issues in sunshine and now it is becoming difficult for government to initiate economic resilience projects. Such projects could be investing in infrastructure development, promoting domestic industries and encouraging entrepreneurship to create jobs and bring general revenue. So, country can lead to progress and success by launching such projects in periods of stability.

Like wise, investing in

health infrastructure to efficiently cope up with pandemics like COVID-19 rather than waiting for any such issue and designing policies leads to development and prosperity of the country. The trust for America's Health (TEAH) report reveals that the lack of health infrastructure and poor preventive measures made COVID-19 a worst pandemic in third world countries. Countries that have well-developed health care systems and robust health infrastructure have been better equipped to handle the challenges posed by the pandemic. Studies have shown that countries with strong healthcare infrastructure have had better outcomes in terms of controlling the spread of the virus. This is how the roof repaired during sunshine possesses immeasurable advantages.

on the contrary, roof, if not repaired on time reduce ones productivity and reputational damage due to last minute scrambling.

By delaying tasks and putting them off until the last minute one ends up in decreased productivity and lower quality of work. Along with this, consistent delay and failure to meet deadlines creates perception of being unreliable or uncommitted to work. This ^{can} damage reputation both personally and professionally. Likely delayed tasks can lead to unexpected liabilities, loss profits and additional work expenses that can have a negative impact on one's reputation. Therefore, procrastination and last-minute scrambling results in reduced productivity and reputational damage.

Another negative effect of not repairing ~~work~~ on time is anxiety and stress due to missed deadlines. Anxiety is like a weight on one's shoulder. The feeling of falling behind and the pressure of catching up really take a toll on one's mental health. This is justified by cognitive

Behavioural Theory. According to Cognitive Behavioural Theory, one's thoughts, beliefs and interpretations play a significant role in shaping one's emotional experiences. It further states that anxiety and stress can arise from negative or distorted patterns which are due to missed deadlines. This is how missed deadlines create a sense of uncertainty, pressure and self-doubt, which can all contribute to anxiety and stress.

Adding more to the consequences of not repairing the roof on time, procrastination hinders potential for success fulfilment and overall well-being. Medical research has linked procrastination to high level of fatigue, low potential for success and impacts overall well-being. A meta analysis research conducted at university of calgary in 2015 relates procrastination with potential for success and fulfilment. According to the findings, procrastination

was associated with lower grades of 33% of the students and 50% of the college and university students procrastinate consistently and problematically. So, procrastination often results in rushed works, missed deadlines, lower potential for success, fulfilment and overall well-being.

To sum up, it can be said that the phrase "the time to repair the roof is when the sun is shining" encapsulates the importance of being proactive and taking advantage of favourable circumstances to address problems before they become severe. This is because proactive nature helps in grabbing opportunities and desired outcomes and small steps taken to nip the problem in the bud are more fruitful than big steps on higher times. Along with this, the proverb warns for the preparation of crisis or downturn when the business is thriving. It also gives

moral to students, to make best use of time while exams preparation so they may not be distracted ~~by~~ ^{due to} stress or anxiety. likely, the proverb addresses ~~the nation~~ ensures development and prosperity of a nation by adopting proactive approach in dealing the affairs. It includes addressing internal challenges during periods of stability and progress. Whereas, failure to repair roof on time hinders potential for success and brings anxiety and stress due to missed outlines.

However, wise are those who repair their roof when the sun is shining. As it is said by Mahatma Gandhi, "The future depends on what we do in the present."

Good