**Do you agree or disagree with the following statement? It’s better to have rules about the type of clothing that people wear at schools or in their workplace.**

Undoubtedly, freedom in choosing anything is one of the most important principles that everyone is interested in, especially freedom in choosing to clothe. Some people believe that there should be a uniform for work or school, and some believe that they should be free to choose the cloths. I personally believe that wearing uniforms and being legal in choosing clothes for work or school is essential. I will explain my point of view below.

The first remarkable reason to be mentioned is that Everywhere has its clothes. When we go to mountain climbing we wear mountain clothing, for example, we wear boots, special socks, special pants and we take a backpack, etc. also when we go swimming we wear special cloths. It is better to wear special clothes when we want to go to school or work.

The second reason which deserves some words here is that One of the reasons we wear a type of clothing at work or school is that we no longer have to decide what to wear every day, and that creates more room for creativity in the brain. You will soon find that you have more time and less money on clothes. For example, Mark Zuckerberg, the programmer and founder of the Facebook network, is the outfit of his choice in the gray T-shirt with jeans, or you always see Apple co-founder Steve Jobs in black and jeans. They all have only one reason for their style of dress: decision making. Our minds have a lot of energy to spend every day, so why not spend them on important and necessary issues?

Last but not least wearing a uniform in the subconscious inspires a sense of empathy and oneness with others and deprives them of a false sense of superiority and pride. Also Wearing colorful, inappropriate and varied clothes reduces the attention of all students and teachers. Decreasing the teacher's focus and attention can reduce the quality of his teaching and cause students to drop out of school.

Undoubtedly, if there is no restriction on the choice of clothes, everyone is satisfied and happy, but for the reasons I have given, I still believe that having rules to wear to work or school is important.

Its My first writing in all my life :)

371 words

Time: 1:30 min