**Evidence 15**

***Context***

Life is full of things that we don’t like. Some people think that we should do what we enjoy in order to make ourselves happy. Others believe that we should be more aware of the benefits that can arise from doing uncomfortable things.

***Opinion***

Doing uncomfortable things can help us grow and become stronger.

***Evidence***

As a child, I hated doing chores such as washing the dishes and working in the yard. Back then, I would much rather be playing video games or hanging out with my friends. However, as I grew older, I learned that doing chores helped cultivate a higher tolerance toward doing uncomfortable things. My perseverance grew stronger, allowing me to push through difficult times and develop an unshakable work ethic. If I had always taken the easy route, I would not have appreciated sacrifice and hard work as much as I do today.

**Evidence 16**

请在背面写下你自己的例据（Evidence）