



Pre-reading questions:

Was there a time in your life when you needed to tackle a number of challenges at the same time? How did you get it through?

Yes, do it in turns.

Nobody Really Knows What They Are Doing

(Here's what your parents think about at night, just before they fall asleep: Oh my goodness! Am I doing it right? What if I am making a mistake? What am I doing?)'

Everyone does this. It's not embarrassing. It's very human. Nobody has life figured out. And the charlatans^① who claim they do have life figured out — they have it less figured out than anyone.

Why do you think our book stores are thick with self-help books? Why do you think meditation has taken off in this country? Why has yoga become such a thing? Everyone's chasing an inner calm that may never come. The generations judging you are scrambling^② just as much as you are. These complaints about younger people are nothing more than anxiety about the chaos^③ in our own lives.

I'm sorry about that. It's not very fair. But I also want to say this: A little chaos is OK. A little chaos keeps life interesting, keeps you on your toes.

Not long ago, a minister in California named Lydia Sohn interviewed a bunch of people between the ages of 90 and 96. (There's a belief that human happiness happens on a curve^④.) People are said to be happiest when they are young, and don't have a care in the world — and then happiest again when they are older, retired, and liberated to enjoy the little things. The middle part of life is supposedly the hard part. That's when people have kids, bills, crises.

It makes sense, doesn't it? But these 90-somethings that Sohn talked to told her something different. They said they were happiest in the

① *n. a person who claims to have knowledge or skills that they do not really have*

② *vi. to achieve sth with difficulty, or in a hurry, without much control*

③ *n. a state of complete confusion and lack of order*

④ *n. a line or surface that bends gradually*

⑤ vt. to make a bad or unpleasant situation worse

middle part, when their lives were the messiest, when their kids were in the house and tracking mud through the living room and setting small fires in the backyard. This was when they were trying to balance work and family and figure out how to pay for bills and college and all that aggravating^⑤ stuff. (These people said they were happiest in the chaos.)

Talk to any successful person, in any field. Ask them when they were happiest, and I bet that 9 out of 10 will tell you they loved it most when they were in the chaos^⑤—battling, struggling, trying to find their way. It's the happiest time because they are very alive.

You are about to step into the chaos. You are probably going to have a job or two that you don't really like. You are going to worry about money. You'll get your heart broken a few times, both professionally and personally. There will be mornings you won't want to walk out the door. But it's OK. Remember this: It's never as bad as it seems. Everyone is making it up as they go along. Embrace the chaos, walk out the door, be kind to your fellow humans and change the world.

Food for thought

1. Who is this piece of writing intended for? Underline any clues you find in the passage and explain how the clues support your answer.

Para 1.

The writing is intended for everyone who were curious about themselves.

2. What are the reasons the author gives for embracing chaos in our lives? Can you think of more reasons for embracing chaos to strengthen the author's argument?

We find that the more the facts that the old as well as successful person all both think they were happiest in the chaos.

Group name
Fantasy island

Topic
life pressure

- Solutions
- ① go to library to play with
 - ② raise a pet
 - ③ reading encourages stories

3K

pressure

- ① eat the pressure
- ② talk to others
- ③ identify the source
- ④ be ourselves