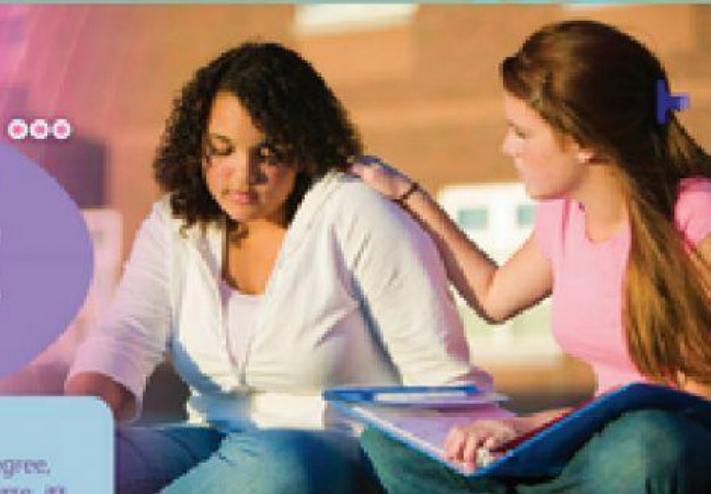


NAMES

READ THE ARTICLE BELOW

For a better life ...

Life can be hard, and when our plans don't work out, it's often easy to blame others. Sometimes we expect too much from friends and family, and when they don't act as we think they should, we feel disappointed. Maybe it would be easier if we stopped expecting so much from other people. No one is perfect, and that includes you.



1

So you want to travel the world before you do a degree, but your parents don't think it's a good idea. Of course, it's great if other people can support you in your decisions, but you can't keep everyone happy all of the time. It's your life and you need to make the decisions to make you happy.

2

Don't worry if there are people who aren't very nice to you, because there are plenty of people who are. They're called your friends. Spend time with them and avoid the others. And when it comes to finding that special person and settling down, remember: there's somebody for everyone.

3

You've been practising football all summer. You think you're good enough to be in the school team, but the teacher doesn't seem to be thinking the same thing. Maybe he just hasn't thought about it at all. He isn't a mind reader, so tell him. Then at least he knows what you're thinking. He might even choose you.

4

People can change, but they don't usually do it because someone else wants them to. You can try and tell them what you're not so happy about, so at least they know, but don't be too disappointed if they carry on doing exactly the same things. You have a choice: accept them or walk away.

5

From their Facebook updates, you'd believe that all your friends are happy all the time and leading exciting lives. Of course, they aren't, just like you know that your life isn't always perfect. We all go through hard times and we often try to hide it. Be kind to people. They might be having a bad day and your smile could make a big difference.

Which paragraphs should these people read and think about?

- 'Billy's so unfriendly to me. I don't know what I've done wrong.' _____
- 'Can't they see I don't really feel like talking? I just want them to leave me alone.' _____
- 'Katie's always got a smile on her face. I wish my life was as perfect as hers.' _____
- 'I think Jenny would be a brilliant drummer for our band. I don't know what your problem is.' _____
- 'I wish Dylan wasn't so untidy. He always makes such a mess.' _____