

ACTIVITY 40

READING

INSTRUCTIONS:

1. Read the article below.
2. Then, answer the questions below:

What Actually Matters in Your 20s

Maybe, you're living it all wrong...

I turned 23 recently and it changed my perspective of life. It usually happens often when you reach a certain age. I wanted to become a teacher when I was 6, a doctor when I was 10, a physics professor when I was 14, and an entrepreneur when I turned 18.

People often start their sentences with "Get good grades and your life will be sorted". So I did as they said and excelled in my classes. **F** So I did, and guess what? the confusion and dilemmas did not go away. Therefore: Is this all that life is about?



Maybe I am not the smartest person to tell you what matters in your 20s because I have not lived them all yet — I'm still midway. But maybe I am the person who can tell you the truth without sugarcoating it. Instead:

Embrace the Journey, Not the Destination

Some of your friends are already earning twice as you are right now, getting married and having kids. Some are living their dream of travelling around the world. This just keeps making you doubt yourself.

You've had different problems in your life and you've had to face them alone. Your twenties are not about proving anyone wrong; they're about finding the things that make you happy.

Take Good Care of Yourself

Don't compromise your health. Don't just sit in front of your gaming setup or watch series all day (no matter how leisurely it may be). It's easy to neglect your physical and mental health, but your twenties are the perfect time to prioritize self-care: eat nutritious food, exercise regularly, and make time for activities that bring you joy and fulfillment: They will pay off.

Teach Yourself What Your School Didn't Teach

Taxes, investing, and saving up money have got to be the key to becoming financially sound. Start learning about them as soon as possible. As no one else taught you, you'll have to teach these things to yourself. Be hungry for knowledge and save money where you can.

People Will Change, Don't Force It

As you are mitigating your twenties, you'll notice that the behaviour of some people around you is changing. Sometimes it is a good change, sometimes it reeks of trouble.

You'll find that a friend is distancing themselves from you or your thoughts just no longer align. Know that it is no one's fault. They are also growing with time and discovering themselves. You have to grow too.

As a result, you cannot expect people to take care of you like you take care of them. With time, you will find the people who stick with you and are happy to make room for you in your life.

Adapted from: Medium (2024)

SECTION 1: Matching paragraphs

1. Read the article again.
2. Type the correct letter in the blanks to match the sentences below with their correct paragraphs.
3. Look at the example below for further guidance.

- A. Your decisions and habits today shape the person you're going to be.
- B. Embrace the twists and turns, the highs and lows, and the unexpected deviations that shape your path.
- C. In your eyes, everyone around you is doing better in life than you currently are — be it financially, spiritually, or emotionally.
- D. Everyone is on a journey of their own and you cannot force people to remain the same.
- E. Your twenties will teach you that there are so many things that you should've learned a long time ago.
- F. Then, they changed to "Get into a good college and your life will be sorted".

SECTION 2: Summary of the article

4. Tick (✓) the sentences that give an overall summary of the article.

*Your twenties will be a confusing stage, with tons of dilemmas.

*Almost everyone is growing up and keeping the pace of their individual journeys: That also includes yours.

*The author will never tell you a sugarcoated truth about your twenties.

*Taxes, investing, and saving money are always a must in adulthood.

*The author considers the decade of the twenties for self-care, self-discovery, autonomy, and feeling more comfortable with unpredictability.