

Reading Learning to Be Enough

Read the text below, choose the correct answers (A, B, C, D) .

Sophie had always been the type to say "yes" to everything. At fifteen, she was juggling basketball practice, learning Spanish, and helping her mom with endless household chores. On top of that, she often spent weekends at her aunt's house babysitting her little cousins or helping her grandmother with errands.

To everyone else, Sophie seemed to have it all together. She was organized, hard-working, and dependable. But Sophie didn't feel that way.

"I just don't think I'm doing enough," she told her basketball coach, Mrs. Taylor, one evening after practice. Sophie had stayed behind to help put away the equipment—again.

Mrs. Taylor tilted her head. "Sophie, you just finished a two-hour practice after helping your mom this morning and acing a Spanish quiz. What makes you think that's not enough?"

Sophie sighed. "There's just so much more I could be doing. I could practice more drills at home, spend more time on Spanish, or maybe help my aunt with meal prep for the week. I don't know—it just feels like whatever I do, it's never enough."

Mrs. Taylor gestured for Sophie to sit down on the bench. "Can I share something with you?"

Sophie nodded, curious.

"When I was your age, I was exactly like you. I wanted to do everything for everyone, and I thought if I worked harder, I'd finally feel like I was enough. But do you know what I learned?"

"What?" Sophie asked, leaning forward.

"You can't pour from an empty cup."

Sophie frowned. "What does that mean?"

"It means you can't keep giving to others if you don't take care of yourself first. Think of yourself like a basketball player—if you're exhausted, you can't give your best on the court, right?"

"I guess," Sophie muttered.

Mrs. Taylor smiled. "Let's work on this together. I want you to come by my office after practice twice a week. We'll make a plan to help you feel less overwhelmed."

Over the next few weeks, Sophie started meeting with Mrs. Taylor. During their first session, the coach asked Sophie to write down all her responsibilities. The list was so long it spilled onto a second sheet of paper.

"No wonder you're exhausted," Mrs. Taylor said, shaking her head. "Let's start by setting realistic goals. You don't need to be perfect at everything. Let's pick just three priorities for each day. Sound good?"

Sophie hesitated. "But what if I don't finish everything else?"

"Then it can wait," Mrs. Taylor said firmly. "You'll focus on what matters most."

The next session was about rest.

"Sophie, when's the last time you did something just for fun?"

Sophie blinked. "Um... I don't know. I guess I bake sometimes, but that's usually for family gatherings."

"Okay, so let's make rest a priority," Mrs. Taylor said. "What's one thing you enjoy that has nothing to do with school, sports, or helping others?"

Sophie thought for a moment. "I like reading... but I never have time for it."

"Now you do. Schedule it. Treat it like it's as important as practice or chores. Because it is."



Reading

During another session, Mrs. Taylor taught Sophie how to challenge her perfectionist thoughts.

"Every time you think, 'I'm not doing enough,' I want you to ask yourself, 'Is that really true?'"

"But it feels true," Sophie admitted.

"Feelings aren't facts," Mrs. Taylor said gently. "Instead of 'I'm not doing enough,' try telling yourself, 'I'm doing my best, and that's enough.' Say it out loud."

Sophie hesitated, then repeated, "I'm doing my best, and that's enough."

"Good. Now write it down and stick it somewhere you'll see every day."

Over time, Sophie began to make changes. She still played basketball and studied Spanish, but she stopped trying to be perfect at everything. She started saying "no" when her schedule got too full, even if it felt uncomfortable. She also began setting boundaries with her extended family.

One Saturday, her aunt called to ask if Sophie could babysit. Normally, Sophie would have said yes without hesitation, but this time, she replied, "I'm sorry, I can't this weekend. I really need some me-time." Her aunt was understanding, and Sophie felt a surprising sense of relief.

She also started carving out time for herself. She picked up a novel she'd been wanting to read and set aside thirty minutes every evening to relax with it.

At the end of the semester, Sophie felt like a different person. She was still busy, but she didn't feel as drained. She'd learned to focus on what mattered most and let go of the rest.

One afternoon, Mrs. Taylor pulled Sophie aside after practice.

"I've been noticing a change in you," she said. "You seem more balanced."

Sophie smiled. "I think I finally get what you mean about the empty cup."

Mrs. Taylor grinned. "Good. Now keep filling it."

1. Why does Sophie feel like she's "not doing enough"?

- A. She fails at most of her tasks.
- B. She compares herself to others constantly.
- C. She sets unrealistic expectations for herself.
- D. Her coach often criticizes her performance.

2. What does Mrs. Taylor mean when she says 'you cannot pour from an empty cup'?

- A. You need to recharge your energy to be able to support others.
- B. Sophie should only focus on tasks that are productive.
- C. You should help others even if you feel exhausted.
- D. Sophie must limit herself to three activities at a time.

3. What mindset does Mrs. Taylor encourage Sophie to adopt?

- A. Success comes from relentless effort.
- B. Achievements define personal value.
- C. It's important to accept imperfection and set limits.
- D. Studying is more important than self-care.

4. How does Sophie handle her aunt's request for help with babysitting?

- A. She immediately says yes, as usual.
- B. She explains she needs time for herself and declines.
- C. She lies and says she has other plans.
- D. She agrees to help but sets strict conditions.

5. Which statement is NOT true according to the text?

- A. Mrs. Taylor explained that Sophie should schedule free-time activities.
- B. By the end of the semester, Sophie was no longer overcommitting herself.
- C. Sophie stayed dedicated to learning a new language.
- D. Sophie felt really guilty after saying no to her aunt.