

Some people prefer to spend their lives doing the same things and avoiding change. Others, however, think that change is always a good thing. Discuss both these views and give your own opinion.

Since the time of evolution of human beings, people have faced the inescapable impacts of changing lifestyles. Although many people prefer to do the similar things and avoid challenges in life, I would argue that there are some positive aspects to making alterations to our daily activities.

To commence/begin with, some people long for a life that is simple and planned. They choose a life in which they do the same work over and over again and prefer to remain in their comfort zone. Moreover, when people age, they may become fairly conservative and de-not dare to face any risk of changes anymore. Furthermore, senior citizens really find it difficult to keep pace with new technological advancements and prefer to stick with their tested methods. In addition, there are people that really enjoy what they do and are passionate about it. It is a strong reason for not changing when you are enthusiastic about *work you do*.

On the flip side, others, especially the younger generation is eager to seek new opportunities and change their lives because they would take bold decisions. In spite of although doing the same activity repetitively could be an easy task, in the modern world, people should sharpen/hone their skills as well as a variety of experiences of different sorts rather than repeating the same job in the same fashion. For instance, a survey has proven that people with multi-experience jobs can adapt in other organizations more easily. Moreover, individuals easily get bored with their monotonous life, consequently they always look for new changes to keep their lives exciting, such people take life as it comes and live every single day enjoying themselves.

To put it in a nutshell, I would say that human beings definitely need some kinds of changes in life, simply because it is stimulating and promising for individuals. With this mindset we would be able to experience new places and situations that we couldn't even imagine in our wildest dreams.