

- *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 .*

As humans , people have the power to choose their way of lives-life and decide what they want to do . Some claim that going on a straight line in life without any changes is the best way . In contrast , the others , crave ~~for~~ challenges and expect changes in every step of their lives .

Firstly , when life goes on the same as how it was yesterday~~s~~ and brings no surprises , motivation is decreased . For instance , imagine a clerk who wakes up at 8:00 every day and goes to work , doing the same tasks during the week and rest~~s~~ on weekends .~~→~~ the clerk knows what is going to happen every day and doesn't expect any new event ~~,~~ little by little the person's motivation and will for improvement~~s~~ decreases . In addition , people learn through changes and difficulties . When there is an everyday a-everyday routine and repetition of the same events and duties , the person doesn't have the opportunity to go through new issues . The more changes a person faces , the more experience he/she gains . Also , when people go back to what they have done in their lives , they see how many different situations they have experienced .

On the other hand , staying in your comfort zone ~~,~~ reduces risks and failures . As an illustration-proof , when someone faces the same issues every day , they know~~s~~ what to do exactly due to repetition , so the person is dealing with same struggles every time . It might have ~~a~~ little ups and downs but as change is avoided , nothing big is going to happen . As a result , the less-fewer risks taken , the less-fewer failures and loss~~es~~ are going to happen . this # might be the strongest cause to avoid change.

To conclude , in my opinion change is ~~a~~ part of our lives and mandatory for extraordinary results . Individuals should make the best out of changes and avoid negative changes . Positive changes can result in growth , maturity , happiness and useful experiences .