

1. Match the headings with the paragraphs.

- a) Accept the downtime
- b) Stop the blame game
- c) Look at the life from a larger perspective
- d) Embrace and accept your pain
- e) Stop exploring the cause of your unhappiness

2. Answer the following questions according to the paragraph.

- a) How can we learn to enjoy the journey of our lives? Give two examples from the text and explain them in your own words.

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- b) Why does the writer think life is a **rollercoaster**? Explain your reasons.

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