*Saman Sotoudeh - Topic 60- Writing 7*

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| *Do you agree or disagree with the following statement?*  **Some people prefer to focus on ambitious dreams, while others think realistic goals are more important. Which do you prefer and why?**  Use specific reasons and examples to support your answer. |

Since the dawn of civilization, people have always been working hard to reach their personal goals in order to derive their sense of satisfaction. The goals that people set for themselves are of great importance since setting higher goals could result in either working so hard to reach them or giving up as they are so difficult to reach. This resulted in heated debates among people about how one should set his goals. Many people are inclined toward the idea of setting realistic goals so one could reach them, while others believe that it is our ambitious dreams that would make us do the impossible. Regarding this issue, I personally possess that being imaginative and having ambitious goals could have a negative impact on our performance since we would simply give up and see our dreams so out of reach. In what follows, I will delve into my perspective through two noticeable rationales.

First and foremost, we should take into consideration that having high levels of expectations from ourselves could put us through much pressure and stress, which could be bad both for our mental and physical health. Indeed, it is generally known that each individual is born with limited talent, and his levels of success are bounded by that talent and his hard work. Thereby, it is wrong to assume that anyone could become Einstein, the great mathematician, or Elon Musk, the great entrepreneur. On the contrary, concentrating on our precisely-thought and realistic goals is what can make the best out of an individual and help him have a comfortable, happy life.

Another noteworthy point to mention is that having realistic goals would result in one trying so hard as he sees the goal within reach. On the other hand, focusing on ambitious dreams could result in a depressed individual who gives up on everything since he considers his dream out of reach. Take my personal experience, for instance. When I used to work in the Apple company, there was a friend who was neither so talented nor too regular. But, he always had ambitious dreams of becoming the wealthiest man on the planet and buying numerous hypercars, gigantic yachts, and private jets. These high bars of expectation resulted in him getting upset since he realized after some time that these goals are not reachable. As he was not able to achieve his long-time dreams, he was totally dejected and hence, stopped trying at all. Had he set realistic and achievable goals for himself, he would not have become so upset to give up on everything.

To sum up, taking all the aforementioned reasons into consideration, one soon realizes that it is better for us to keep the balance in our lives. One should remember that there is a limitation to our lives, as there is to our age, and one, except the few exceptionally talented ones, cannot reach every dream of his life. However, it is beneficial to point out that this does not mean that people should give up on their dreams and be satisfied with the most regular lives, but denotes that we should have a realistic and well-calculated goal for our lives, the ones we see reachable.

***Words: 532***

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