

Good example of essay on respond 1

[Experience](#), [Belief](#)



Many a times, in our lives, we spend a lot of time and energies making unnecessary judgments' of situations, as well as others, for either good or bad reasons. These judgments' that we make of others, are often flawed, uninformed and mostly subjective. We also spend most of our times making preparations for issues, activities that are not important, and miss the opportunity to make our lives better, more enjoyable, more free as well as more lively.

A lot of people are confused and utterly disorganized, as they worry too much in their lives. They are worried about their families, their jobs, their investments, their religion and many other issues. All these worries are bound to bring confusion into these people's lives, as they are not able to concentrate and do a thing at a time. This means that these people are forever anxious of so many anxieties that it even affects their health and social life's.

There is a lot of literature as well as teachings on how people should plan their lives, finances and basically everything. This literature is basically centered about our anxiety for tomorrow. This literature is about our designing our future lives today, which is of-course subjective, as the future is very unpredictable. What this literature fails to notice or bring out is that the world today is very unpredictable, and therefore all things are mainly uncertain. Worrying is even worse, since this unpredictability, coupled with the worry about the future, and is of course very confusing as well as stressful.

It's therefore imperative that for one to avoid unnecessary anxiety, then they need to do something as it comes, since this reduces the psychological

stress of planning for the unknown. In another context, they say that one should cross the bridge when they reach it.