Copymarks! (Worksheet #2)

Follow along with Tracy Dalton's video to mark the following text. The correct version of this text appears below, so you can compare.

staying active is important
She [Betty Reid Soskin] lays importance on staying active as we often do not when things might work out for us. New oportunities are happening every single day and we should grab them when the time is right. She says that we are going to make mistakes along the way but we not should feel low as it is normal for things to spiral of control sometimes. That does not mean wee should stop in our tracks and sit back.
Betty reid soskin does not credit chocolate or good wine for her long life. Instead, she says that she toko things as they came and improzised on certain situations that were not in her favor. She says that we should not expect to have full control of everything in our lives. Doing so will hurt us psychologically when things do not work out as planed It is always best to have an open mind and less expectation to get the best out of life. She also tells people to have control over their actions when they are stresssed

Staying Active is Important

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Betty Reid Soskin does not credit chocolate or good wine for her long life. Instead, she says that she took things as they came and improvised on certain situations that were not in her favor. She says that we should not expect to have full control of everything in our lives. Doing so will hurt us psychologically when things do not work out as planned. It is always best to have an open mind and less expectation to get the best out of life. She also tells people to have control over their actions when they are stressed.

(*Source:* Montmorency, Raven. "Uplifting Advice from America's 100-Year-Old Park Ranger Betty Reid Soskin." *Nspirement,* Nov. 2, 2021. https://www.nspirement.com/2021/11/02/oldest-ranger-betty-reid-soskin.html)