Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

Preparation
Match the words in CAPITALS with the correct definition and write a–f next to the numbers 1–6.

1. He has written a book about HAPPINESS. a. make you want to do them
2. What do you get PLEASURE from? b. make
3. Your life has PURPOSE. c. fun or good feelings
4. You can DESIGN a happy life. d. something important to our lives
5. We don't know what brings MEANING. e. is important
6. Some activities might be MOTIVATING. f. the feeling of being happy

1. Check your understanding: true or false
Circle True or False for these sentences.

1. Everyone knows what makes them happy. True False
2. You'll be happy if you're always having fun. True False
3. Pilots have the best job in the world. True False
4. Being in a team gives us purpose. True False
5. School is the same, in some ways, as having a job. True False
6. Only lucky people are happy. True False

2. Check your understanding: gap fill
Complete the sentences with a word from the box.

<table>
<thead>
<tr>
<th>pleasure</th>
<th>purpose</th>
<th>luck</th>
</tr>
</thead>
<tbody>
<tr>
<td>fun</td>
<td>motivating</td>
<td>design</td>
</tr>
</tbody>
</table>

1. People think if they spend all their time doing _____________ things, they will be happy.
2. But to be happy we need things that bring _____________, not just fun.
3. Helping other people can be _____________.
4. Spending time with friends brings _____________.

5. You ______________ your life to bring as much happiness as you can.

6. Some parts of our lives are good or bad _______________, but we can still design the rest to make more happiness.

Discussion

What makes you happy?

Vocabulary box

Write any new words you have learned in this lesson.