

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

### Preparation: multiple choice

Choose the correct definition of the word in CAPITALS.

- Happiness depends on a **BALANCE** of two things.
  - having the minimum amount
  - having equal or correct amounts
  - having more than you need
- We don't know what brings **MEANING**.
  - money
  - fun
  - value
- Some activities might be **MOTIVATING**.
  - make you want to do them
  - easy and relaxing
  - boring
- REALISTICALLY**, society won't benefit from you getting an A in a subject you hate.
  - probably
  - definitely
  - if you really think about it
- Get out of the car **HALFWAY** to school and cycle the rest.
  - 25% of the way
  - 50% of the way
  - 75% of the way
- We design our lives to **MAXIMISE** happiness.
  - make as small as possible
  - make as fast as possible
  - make as big as possible

### 1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |    |  |             |              |
|----|--|-------------|--------------|
| 1. | Everyone knows what makes them happy.        | <i>True</i> | <i>False</i> |
| 2. | You'll be happy if you're always having fun. | <i>True</i> | <i>False</i> |
| 3. | Pilots have the best job in the world.       | <i>True</i> | <i>False</i> |

- |    |  |             |              |
|----|--|-------------|--------------|
| 4. | Being in a team gives us purpose.                            | <i>True</i> | <i>False</i> |
| 5. | School is similar, in some ways, to having a job.            | <i>True</i> | <i>False</i> |
| 6. | You need equal amounts of pleasure and purpose in your life. | <i>True</i> | <i>False</i> |

## 2. Check your understanding: gap fill

Complete the sentences with a word from the box.

enjoyable	good	purpose
happiness	pleasure	balance

1. It's more difficult to know what brings meaning than what's \_\_\_\_\_.
2. Happiness depends on a \_\_\_\_\_ of two things.
3. Doing something for society is one way to find a sense of \_\_\_\_\_.
4. Some activities are motivating because they help us work towards the 'greater \_\_\_\_\_'.
5. You should design your life to maximise \_\_\_\_\_.
6. Spending time with friends brings \_\_\_\_\_.

### Discussion

What makes you happy?

### Vocabulary box

Write any new words you have learned in this lesson.