

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.

1. BRAINSTORM a list of all the things that make you happy.
 - a. write only your best ideas
 - b. write every idea you think of
 - c. think of ideas but don't write anything yet
2. You might be motivated by a sense of making MEASURABLE progress.
 - a. able to be counted
 - b. of benefit to you or other people
 - c. feels satisfying
3. It means achieving a RATIO that works for you.
 - a. combination
 - b. method
 - c. goal
4. REALISTICALLY, society won't benefit from you getting an A in a subject you hate.
 - a. probably
 - b. definitely
 - c. in reality
5. Get out of the car HALFWAY to school and cycle the rest.
 - a. 25% of the way
 - b. 50% of the way
 - c. 75% of the way
6. We design our lives to MAXIMISE happiness.
 - a. make as small as possible
 - b. make as fast as possible
 - c. make as big as possible

1. Check your understanding: true or false

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

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|----|--|-------------|--------------|
| 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> |

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|----|--|-------------|--------------|
| 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	ratio	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. You should design your life to maximise _____.
5. Spending time with friends brings _____.
6. The pleasure–purpose balance doesn't have to be half and half. You should try to find the right _____.

Discussion

What makes you happy? Do you agree with the article?

Vocabulary box

Write any new words you have learned in this lesson.