

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.

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|---|-------------------------------------|
| 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. | <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 the same, in some ways, as having a job. | <i>True</i> | <i>False</i> |
| 6. Only lucky people are happy. | <i>True</i> | <i>False</i> |

2. Check your understanding: gap fill

Complete the sentences with a word from the box.

pleasure	purpose	luck
fun	motivating	design

- People think if they spend all their time doing _____ things, they will be happy.
- But to be happy we need things that bring _____, not just fun.
- 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.