

1 Take this quiz to find out if you have a good work-life balance.



FIND OUT YOUR WORK-LIFE BALANCE

Write 2 if the statement is true for you, 1 if it's mostly true and 0 if it's not true.

- 1 I **enjoy doing** exercise and **playing** sport. ____
- 2 I never think **about checking** work emails in my free time. ____
- 3 This year, I **intend to take** all my annual leave. ____
- 4 I always leave work on time **to make sure** I have free time in the evening. ____
- 5 I think it's **important to take** an hour for lunch. ____

Now add up your score and find out what it means:

- 0-4** Your life is out of balance. Put less emphasis on your job and give more time to family, friends and leisure.
- 5-8** Your work-life balance is OK, but be careful. You need to spend more time relaxing.
- 9-10** You have a great work-life balance. Don't change it!

2 Do you agree with your quiz results? Do you think you have a good work-life balance?

3 Look at the verb patterns in **bold** in the quiz in 1. Choose the correct words in *italics* to complete the explanations a-e in the *Language point*. Then write the sentence number from the quiz that matches each explanation.

LANGUAGE POINT

- a We use *to + infinitive / the -ing form* when it follows an adjective. ____
- b We use *to + infinitive / the -ing form* when it follows a preposition. ____
- c We use *to + infinitive / the -ing form* to express purpose. ____
- d *To + infinitive / The -ing form* often comes after verbs about likes and dislikes. ____
- e *To + infinitive / The -ing form* often comes after verbs about making plans and decisions. ____

4 Which of these common verbs and phrases are usually followed by ...?

to + infinitive _____

the -ing form _____

want agree responsible for it's difficult look forward to involve
would like plan interested in I'm pleased enjoy decide

Read about *Happiness is...*, and look at the Instagram posts. Tick (✓) the ones you most agree with. Then compare with a partner.

Look at the first cartoon. Which verb form do we use after the verb 'finish'?

Illustrators **Ralph Lazar** and **Lisa Swerling** got the idea for *Happiness is...* while sitting together one day in a hot tub at their home in California. Lisa had just finished answering all her emails, and she said 'Happiness is having an empty inbox'. Ralph replied 'Happiness is getting into a hot tub'. They began to list things which made them happy, and illustrated them. Later they asked people on Facebook 'What makes you happy?' and Ralph drew and posted on Instagram the ones they liked best...

HAPPINESS IS



...when a song ends the exact moment you finish parking.

HAPPINESS IS



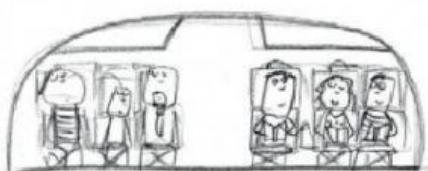
...a free coffee refill without asking.

HAPPINESS IS



...fitting in to jeans that you haven't worn for a very long time, and THEN, finding money in one of the pockets.

HAPPINESS IS



...sitting next to someone nice on a plane.

HAPPINESS IS



...finding a delicious food with no calories or fat or cholesterol.

HAPPINESS IS



...landing in a new country.

HAPPINESS IS



...reading a really good book and then finding it's a series.

HAPPINESS IS



...finding the other ear ring.

HAPPINESS IS



...not having to set the alarm for the next day.

Look at the cartoons again. Find an example of a gerund (verb + -ing):

- 1 after a preposition _____
- 2 used as a noun _____
- 3 in the negative form _____

Write your own continuation for *Happiness is...*

PRONUNCIATION

-ing, the letter o

 7.9 Listen and repeat some words ending in -ing.

 singer	shopping	nothing
	boring	ironing
	going	doing

4 SPEAKING

- a Choose five things to talk about from the list below.

SOMETHING...

- you don't mind doing in the house
- you like doing with your family
- you don't feel like doing at weekends
- you spend too much time doing
- you are very good (or very bad) at doing

SOMEWHERE...

- you love going to in the summer
- you don't like going to alone
- you are thinking of going to this weekend
- you dream of going to in the future
- you hate going to

- b Work in pairs. **A** tell **B** about the five things. Say why. **B** ask for more information. Then swap roles.

I don't mind cooking. I quite like it, and I often cook at weekends.

Rules
Verb+ING

D. Complete the dialogue using the prompts in the box and *-ing* forms.

suggest / visit enjoy / ski be tired of / stay not be / worth / drive
how about / spend avoid / get up love / play what about / go

- Andrew** I (1) _____ at home every weekend. I would like to do something different this weekend.
- Anita** (2) _____ the weekend at the White Mountain Ski Resort? We both
(3) _____ and the children (4) _____ in the snow.
- Andrew** I agree, but it's very far away. It (5) _____ so many hours for just one weekend.
(6) _____ to Bear Lake? I've often (7) _____ it, but we still
haven't gone there yet.
- Anita** Great idea. If we leave on Friday evening, we'll (8) _____ early on Saturday morning.

Rules
Common expressions + gerund

Practice 1

Complete each sentence using one of the following verbs.

buy	cheat	drive	find	learn
play	run	watch	swim	work

1. Don't waste your time watching television. You've got homework to do!
2. Janet doesn't have any problems _____ foreign languages. She's very talented.
3. It's not worth _____ in your exam. You might get caught.
4. Dave has difficulty _____ his old car. It keeps breaking down.
5. Did you have any problems _____ our office?
6. Carl spends a lot of time _____ in the park. He wants to keep fit.
7. I had a really nice time _____ in the sea.
8. We had a hard time _____ for Mr Cooke. He was a very difficult boss.
9. Is it worth _____ a more expensive computer?
10. The children had fun _____ games in the garden.

Practice 2

Complete the sentences using your own ideas.

1. Martin forgot his glasses. He has a hard time
2. Margaret is very confident. She's has no problem
3. Ahmed has asthma. He often has difficulty
4. The weather is terrible today. There's no point
5. There aren't many good films at the moment. It's not worth
6. Tito loves the outdoors. He spends a lot of time
7. Julia doesn't do much at work. She wastes too much time

Practice 3

Answer the questions about you.

1. What do you usually have a hard time doing?
2. What did you have fun doing when you were a child?
3. Do you have difficulty waking up in the morning?
4. What do you spend time doing at the weekend?
5. What do you sometimes waste time doing?
6. What do you think is worth waiting for?
7. What do you think is not worth waiting for?