Listen and fill in the blanks

What makes you happy? Recent research says that it's **(1)** _____. And not just free time to check social media or watch TV, but free time for activities that we love – learning a **(2)** _____, going to the gym, or spending time with **(3)** _____. These activities make us happy.

The problem? We're busy with work – and with housework. We have to do **(4)**_____, wash our clothes, **(5)** _____. And we also have to sleep and eat. There are only twenty-four hours in a day. We can't make time, so what can we do?

According to writer Jessica Stillman, we should **(6)** _____ our free time. Most people plan their working day, so why don't we plan our free-time activities in the same way? Have a **(7)** _____ every Thursday evening. Meet friends twice a month after work. Or **(8)** _____ part of the way to work three times a week for exercise. If you usually drive to work, try taking the bus **(9)** _____. It may take longer, but you can read a magazine. Plan this time for something you want to do and it will make you feel happy.

But be careful! Experts say that free time shouldn't be like work. So don't plan your family meal from exactly seven o'clock to eight o'clock, and don't try to **(10)**_____ and to a guitar class on the same morning. Plan your free time, relax and don't try too hard.

Now, if you're like me, planning may be difficult …

LIVEWORKSHEETS