http://www.huffingtonpost.com/charissa-newkirk/the-hunt-for-happiness_b_1165649.html

How to Live the Good Life

There is a general understanding as to what "living the good life" can mean in the modern world. In its most basic form, it is a sense of satisfaction that grows more powerful with time.

The good life consists of wanting to get out of bed every morning, excited to take on whatever each day has waiting for you. It has nothing to do with material possessions. The good life is based on the compassionate deeds you perform, the personal goals you strive to achieve, and what you decide to leave behind as a result of the mark you made on the world around you.

Here are several simple ways to live the good life.

Slow down

Urgency and haste can damage accuracy, awareness and happiness. There is a big difference between getting things done and getting things done effectively.

[– 9 –]

The best things in life truly are free. From a quiet sunset to sleeping in on a rainy day, life's greatest pleasures can only be appreciated if you notice them.

[– 10 –]

A happy and fulfilling life is a life that is shared with people that you enjoy being around the most. Appreciate those connections and treat your friends as you would like to be treated.

[– 11 –]

As many great people have said in the past, the day you stop learning is the day that you die. Every day is a chance to learn something new about the life you wish to attain or the person you wish to become. Keep inquiring and exploring.

[– 12 –]

Do what you love to do because it will give you a sense of worth and fulfilment. Use your energies in the most productive way possible.

LIVEWORKSHEETS

Talk to strangers

Meet new people who are like you and different from you in every way you could have imagined. Understanding these people will increase your knowledge of how the world works and the people in it.

[– 13 –]

What goes around comes around. You have no idea what type of fulfillment and security you will attain for yourself after you help other people more and more.

Be clear on your goals

You will never get where you want to go if you don't know what you want.

[– 14 –]

Being lazy and doing the bare minimum only guarantees dissatisfaction. Plan to achieve your goals.

[– 15 –]

Not doing so guarantees loneliness and failure. Stay true to your word as that is what your character is based on and how you will always be remembered.

[– 16 –]

A tired mind is inefficient and unhappy. No one can perform to the best of their ability without rest.

Laugh

As the good old-fashioned saying goes, those who laugh more are the ones who live longer. Stop taking life so seriously and realize that everything that makes you nervous or uncomfortable may really just be there to make you laugh.

Preston Waters/Elite
Abridged and adapted from: http://elitedaily.com/life/motivation/live-good-life/

Choose the correct answers and note them on a separate sheet of paper.

1. The main purpose of the text is to:
   - **A.** entertain the readers with a story about the good life
   - **B.** describe the kind of person who leads a good life
   - **C.** explain the meaning of the phrase "the good life"
   - **D.** give advice to readers about how to lead a good life.
2. In order to explore the theme of seeking the good life, the writer:
   - **A.** discusses the potential advantages and disadvantages
   - **B.** explains the different consequences to the readers
   - **C.** explains the reasons why we need to follow this way of life
   - **D.** describes different methods of achieving the goal.
3. The image illustrating the text suggests that the good life is linked to:
   - **A.** searching for personal happiness
   - **B.** spending time finding answers
   - **C.** appreciating the simple things in life
   - **D.** being passionate about something.

LIVEWORKSHEETS

Read lines 1 to 14. What do the following words mean in the text? Choose the appropriate words from the list on the right.

4. general (line 1)

5. basic (line 3)

6. material (line 8)

7. compassionate (line 9)

8. personal (line 10)

A. individual
B. detailed
C. expensive
D. simple
E. careless
F. common
G. immediate
H. physical
I. kindhearted
J. unnecessary

Choose an appropriate heading from the list below to complete each gap in the text.

9. [– 9 –]

10. [– 10 –]

11. [– 11 –]

12. [– 12 –]

13. [– 13 –]

14. [– 14 –]

15. [– 15 –]

16. [– 16 –]

A. Concentrate on your passions	B. Keep your promises	C. Stop worrying
D. Discover new ideas	E. Practise self-management	F. Live in the present
G. Develop your relationships	H. Be spontaneous	I. Sleep well
J. Appreciate the simple things	K. Help others	L. Travel

LIVEWORKSHEETS