

UNIT 7: DESTINATIONS

VOCABULARY PRACTICE

REDUCE - USUAL - QUALITY - LUXURY - CHOICE - WASTE - AMOUNT -
INSTEAD - SATISFYING - GIVEN - WRITTEN - BUILT - KNOW - FOUND

- LAST YEAR, I DECIDED TO _____ THE _____ OF TIME I SPENT ON THINGS THAT DIDN'T REALLY MATTER. MY _____ ROUTINE WAS SIMPLE: SCROLL, COMPLAIN, REPEAT. NOT EXACTLY HIGH _____ LIFESTYLE, BUT STILL A TOTAL _____ OF ENERGY.
- ONE DAY, I _____ A JOURNAL THAT I HAD _____ YEARS BEFORE. IN IT, I HAD _____ ABOUT THE KIND OF LIFE I WANTED TO LIVE. I HAD EVEN _____ A LIST OF GOALS, BUT I HAD COMPLETELY FORGOTTEN ABOUT THEM.
- I REALIZED THAT HAPPINESS WASN'T A _____; IT WAS A _____. SO _____ OF WASTING MORE TIME, I STARTED FOCUSING ON SMALL HABITS THAT IMPROVED MY _____ OF LIFE.
- IT WASN'T ALWAYS EASY, BUT IT FELT DEEPLY _____.