IELTS Reading practice
True, false, not given

13. *Read the following passage about 'habits'.*

"All our life, so far as it has definite form, is but a mass of habits," William James wrote in 1892. Most of the choices we make each day may feel like the products of well-considered decision making, but they're not. They're habits. And though each habit means relatively little on its own, over time, the meals we order, what we say to our kids each night, whether we save or spend, how often we exercise, and the way we organize our thoughts and work routines have enormous impacts on our health, productivity, financial security, and happiness. One paper published by a Duke University researcher in 2006 found that 40 percent or more of the actions people performed each day weren't actual decisions, but habits.

Do the statements below agree with the ideas expressed by the author?

Write YES, NO or NOT GIVEN.

1. The majority of choices we make on a daily basis are conscious decisions.
2. Saving money is the key to financial security.
3. Habits account for at least 40 percent of the things we do each day.

LIVEWORKSHEETS