

How to Live a Happier Life

Do you often have **negative** thoughts? Do you and your friends often **complain** about things? Read these five tips to help you have a more positive attitude about life.

(1) Find the positive, however small

Bad things happen to all of us, but the most important thing is to focus on the positive. For example, next time you're stuck in traffic, think how great it is that you can finish listening to your favorite playlist. If you don't have much in your fridge, and the stores are closed, get creative and think of what you can invent with the ingredients you have. It can be exciting to try something new.

(2) _____

When things go wrong, find a way to joke about it. It may not be funny right away, but you'll laugh about it with your friends soon enough. So, next time you get **a flat tire**, or you don't do well in an interview, try to smile and think about how it could make a good story in the future.

(3) _____

It's easy to think too much about things that have already happened and to get worried about what will happen tomorrow. We all do this sometimes. But remember, you can't change the past, and no one can control the future, so the best thing is to focus on the **present**. This is the one moment in which you can make a difference.

(4) _____

Being around negative people will make you feel negative, too. Spend time with people who will make you laugh and help you believe in yourself, not those that spend all day complaining. It's hard to feel negative when you have positive people around you.

(5) _____

One of the best ways to make yourself feel good is to help others. Find ways to volunteer in your community. Spending time helping other people can give you a better perspective on life and make you value what you have.

negative bad; not hopeful

complain say that you are unhappy with a person, thing, or situation

a flat tire a tire that doesn't work because it doesn't have enough air inside

Volunteering at a local school is a great way to help others in your community.



B Read the article. Match the subtitles from the box to the correct paragraphs. One subtitle is not needed.

Be kind to others

Find the positive, however small

Get active

Find positive friends and coworkers

Focus on now

See the funny side of things

C Read the statements below. Write **T** for *true*, **F** for *false*, or **NI** for *no information*.

1. You should try to see something good in every situation.
2. It's not a good idea to tell anyone about bad things that happen.
3. It's a good idea to think a lot about past events in your life.
4. The most important things to change are bad habits.
5. Other people's attitudes can have a strong effect on your own.
6. You should find friends who make you feel happy.
7. Collecting trash or cleaning up a park is a great way to volunteer.
8. Helping others can make you see what is important in your life.

D Write the underlined phrases from the article next to the phrases below with the same meaning.

1. _____ things don't happen as you planned them
2. _____ help you see things more clearly
3. _____ in a line of cars not moving
4. _____ talk about negative things all the time
5. _____ help out in your town without being paid
6. _____ we can't decide what will happen tomorrow
7. _____ create with whatever is in the kitchen

E Match the two halves of the phrases from the text.

- | | |
|---------------------|------------------|
| 1. try _____ | a. yourself |
| 2. focus on _____ | b. wrong |
| 3. believe in _____ | c. a difference |
| 4. go _____ | d. something new |
| 5. make _____ | e. the positive |