LISTENING

6.7 Listen to the introduction to a radio programme. Why is positive thinking good for you?

you enjoy life more
you have more friends
you are healthier
you live longer
you eat better food

Try to guess the missing words in these callers' tips.

Caller 1 Live in the pr_____, not in the p_____.

Caller 2 Think p_____ thoughts, not n_____ ones.

Caller 3 Don't spend a lot of time following the n_____ online or on TV.

Caller 4 Every week, make a list of all the g_____ th_____ that happened to you.

Caller 5 Try to use positive l_____ when you speak to other people.

positive present language news good things past negative

Listen to the rest of the programme and match the suggestions to the callers

Andy	Make a list of all the good things that happened to you
Julie	Don't follow the news online, they're depressing
Martin	Live in the present, not in the past
Miriam	Use positive language when talking to other people
Michael	Think positive thoughts, not negative ones

LIVEWORKSHEETS