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