





LISTENING

2 A  **3.09** | Listen to a radio interview with a life coach.
Choose the things he says are important in life.

- | | |
|------------------------------|----------------------|
| 1 lots of money | 5 friends and family |
| 2 a reason to get out of bed | 6 health |
| 3 learning | 7 being on time |
| 4 teachers | 8 sleep |

B  **3.09** | Listen again and choose the correct word(s)
to complete the sentences.

- 1 Gavin says that hard work makes you feel **good / tired**.
- 2 He says that when we learn, we have the things we need to make **no mistakes / the right choices**.
- 3 He believes that it **is / isn't** necessary to have a teacher to learn.
- 4 He thinks we need **a few / a lot of** good friends.
- 5 Friends make us feel **more / less** relaxed.
- 6 Gavin says families help us to **buy / decide** things.
- 7 He believes that to be healthy, we need to do **a little / a lot of** regular exercise.
- 8 He says that when we're very tired, we get **annoyed / jealous** more often.

C   **3.10** | Listen to the recording. Write what you hear. You will hear the sentences only once.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

