

LISTENING

2A  **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.

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