

**1** Take this quiz to find out if you have a good work-life balance.



**FIND OUT YOUR WORK-LIFE BALANCE**

Write *2* if the statement is true for you, *1* if it's mostly true and *0* if it's not true.

- 1 I **enjoy doing** exercise and **playing** sport. \_\_\_\_
- 2 I never think **about checking** work emails in my free time. \_\_\_\_
- 3 This year, I **intend to take** all my annual leave. \_\_\_\_
- 4 I always leave work on time **to make sure** I have free time in the evening. \_\_\_\_
- 5 I think it's **important to take** an hour for lunch. \_\_\_\_

Now add up your score and find out what it means:

- 0-4** Your life is out of balance. Put less emphasis on your job and give more time to family, friends and leisure.
- 5-8** Your work-life balance is OK, but be careful. You need to spend more time relaxing.
- 9-10** You have a great work-life balance. Don't change it!

**2** Do you agree with your quiz results? Do you think you have a good work-life balance?

**3** Look at the verb patterns in **bold** in the quiz in **1**. Choose the correct words in *italics* to complete the explanations a-e in the *Language point*. Then write the sentence number from the quiz that matches each explanation.

**LANGUAGE POINT**

- a We use *to + infinitive / the -ing form* when it follows an adjective. \_\_\_\_
- b We use *to + infinitive / the -ing form* when it follows a preposition. \_\_\_\_
- c We use *to + infinitive / the -ing form* to express purpose. \_\_\_\_
- d *To + infinitive / The -ing form* often comes after verbs about likes and dislikes. \_\_\_\_
- e *To + infinitive / The -ing form* often comes after verbs about making plans and decisions. \_\_\_\_

**4** Which of these common verbs and phrases are usually followed by ...?

*to + infinitive* \_\_\_\_\_

*the -ing form* \_\_\_\_\_

want agree responsible for it's difficult look forward to involve  
would like plan interested in I'm pleased enjoy decide

Read about *Happiness is...*, and look at the Instagram posts. Tick (✓) the ones you most agree with. Then compare with a partner.

Look at the first cartoon. Which verb form do we use after the verb 'finish'?

Illustrators **Ralph Lazar** and **Lisa Swerling** got the idea for *Happiness is...* while sitting together one day in a hot tub at their home in California. Lisa had just finished answering all her emails, and she said 'Happiness is having an empty inbox'. Ralph replied 'Happiness is getting into a hot tub'. They began to list things which made them happy, and illustrated them. Later they asked people on Facebook 'What makes you happy?' and Ralph drew and posted on Instagram the ones they liked best...

## HAPPINESS IS



...when a song ends the exact moment you finish parking.

## HAPPINESS IS



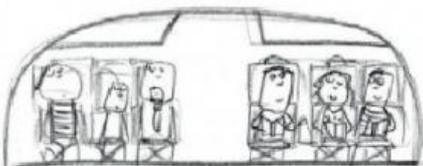
...a free coffee refill without asking.

## HAPPINESS IS



...fitting in to jeans that you haven't worn for a very long time, and THEN, finding money in one of the pockets.

## HAPPINESS IS



...sitting next to someone nice on a plane.

## HAPPINESS IS



...finding a delicious food with no calories or fat or cholesterol.

## HAPPINESS IS



...landing in a new country.

## HAPPINESS IS



...reading a really good book and then finding it's a series.

## HAPPINESS IS



...finding the other ear ring.

## HAPPINESS IS



...not having to set the alarm for the next day.

Look at the cartoons again. Find an example of a gerund (verb + *-ing*):

- 1 after a preposition \_\_\_\_\_
- 2 used as a noun \_\_\_\_\_
- 3 in the negative form \_\_\_\_\_

Write your own continuation for *Happiness is...*

## PRONUNCIATION

*-ing*, the letter *o*

7.9 Listen and repeat some words ending in *-ing*.



singer

shopping	nothing
boring	ironing
going	doing

## 4 SPEAKING

- a Choose five things to talk about from the list below.

### SOMETHING...

- you **don't mind doing** in the house
- you **like doing** with your family
- you **don't feel like doing** at weekends
- you **spend too much time doing**
- you **are very good (or very bad) at doing**

### SOMEWHERE...

- you **love going to** in the summer
- you **don't like going to** alone
- you are **thinking of going to** this weekend
- you **dream of going to** in the future
- you **hate going to**

- b Work in pairs. **A** tell **B** about the five things. Say why. **B** ask for more information. Then swap roles.

*( I don't mind cooking. I quite like it, and I often cook at weekends. )*

## Rules Verb+ING

D. Complete the dialogue using the prompts in the box and *-ing* forms.

suggest / visit      enjoy / ski      be tired of / stay      not be / worth / drive  
how about / spend      avoid / get up      love / play      what about / go

**Andrew** I (1) \_\_\_\_\_ at home every weekend. I would like to do something different this weekend.

**Anita** (2) \_\_\_\_\_ the weekend at the White Mountain Ski Resort? We both

(3) \_\_\_\_\_ and the children (4) \_\_\_\_\_ in the snow.

**Andrew** I agree, but it's very far away. It (5) \_\_\_\_\_ so many hours for just one weekend.

(6) \_\_\_\_\_ to Bear Lake? I've often (7) \_\_\_\_\_ it, but we still haven't gone there yet.

**Anita** Great idea. If we leave on Friday evening, we'll (8) \_\_\_\_\_ early on Saturday morning.

## Rules Common expressions + gerund

### Practice 1

Complete each sentence using one of the following verbs.

buy                      cheat                      drive                      find                      learn  
play                      run                      watch                      swim                      work

1. Don't waste your time watching television. You've got homework to do!
2. Janet doesn't have any problems \_\_\_\_\_ foreign languages. She's very talented.
3. It's not worth \_\_\_\_\_ in your exam. You might get caught.
4. Dave has difficulty \_\_\_\_\_ his old car. It keeps breaking down.
5. Did you have any problems \_\_\_\_\_ our office?
6. Carl spends a lot of time \_\_\_\_\_ in the park. He wants to keep fit.
7. I had a really nice time \_\_\_\_\_ in the sea.
8. We had a hard time \_\_\_\_\_ for Mr Cooke. He was a very difficult boss.
9. Is it worth \_\_\_\_\_ a more expensive computer?
10. The children had fun \_\_\_\_\_ games in the garden.

## Practice 2

Complete the sentences using your own ideas.

1. Martin forgot his glasses. He has a hard time .....
2. Margaret is very confident. She's has no problem .....
3. Ahmed has asthma. He often has difficulty .....
4. The weather is terrible today. There's no point .....
5. There aren't many good films at the moment. It's not worth .....
6. Tito loves the outdoors. He spends a lot of time .....
7. Julia doesn't do much at work. She wastes too much time .....

## Practice 3

Answer the questions about you.

1. What do you usually have a hard time doing?
2. What did you have fun doing when you were a child?
3. Do you have difficulty waking up in the morning?
4. What do you spend time doing at the weekend?
5. What do you sometimes waste time doing?
6. What do you think is worth waiting for?
7. What do you think is not worth waiting for?