



# h a p p i n e s s

You will hear five short extracts in which people are talking about happiness.  
For speakers 1-5, choose from the list (A-H) what each person says happiness means to them.  
There are three extra letters which you do not need to use.

Speaker 1: \_\_\_\_\_ Speaker 2: \_\_\_\_\_ Speaker 3: \_\_\_\_\_ Speaker 4: \_\_\_\_\_ Speaker 5: \_\_\_\_\_

- A - Having a happy personality allows you to cope effectively with problems.
- B - Happiness comes from having someone special to share your thoughts with.
- C - Happiness is all about the experience of overcoming problems.
- D - Happiness is a short escape from everyday routine.
- E - True happiness lies in making others happy.
- F - Older people are less happy than younger ones.
- G - Happiness is being thankful for what you have.
- H - Happiness comes from achieving your goals.

