

IELTS Vocabulary and Exercises: Work-Life Balance vs High Salary

Part 1: Vocabulary Boost for Work-Life Balance vs High Salary

Work-Life Balance

- work-life balance (n) – cân bằng giữa công việc và cuộc sống
- flexible schedule (n) – lịch trình linh hoạt
- time management (n) – quản lý thời gian
- personal life (n) – cuộc sống cá nhân
- quality time (n) – thời gian chất lượng (cho gia đình, bạn bè)
- leisure activities (n) – hoạt động giải trí

Stress and Health

- stress-related illnesses (n) – bệnh liên quan đến stress
- burnout (n) – kiệt sức vì công việc
- mental health (n) – sức khỏe tinh thần
- physical well-being (n) – sức khỏe thể chất
- relaxation techniques (n) – kỹ thuật thư giãn
- emotional stability (n) – sự ổn định cảm xúc

Money and Salary

- financial stability (n) – sự ổn định tài chính
- high income (n) – thu nhập cao
- material possessions (n) – tài sản vật chất
- monetary success (n) – thành công về tiền bạc
- career advancement (n) – sự thăng tiến trong sự nghiệp

Happiness and Relationships

- life satisfaction (n) – sự hài lòng với cuộc sống
- personal fulfillment (n) – sự mãn nguyện cá nhân
- family bonding (n) – sự gắn kết gia đình
- meaningful relationships (n) – các mối quan hệ ý nghĩa
- social connections (n) – mối quan hệ xã hội

Part 2: Improved Multiple Choice Questions with Clear Clues

1. People who balance their time between work and personal life achieve better health and happiness. This is called maintaining a good _____.

- A. financial stability
- B. work–life balance
- C. career advancement
- D. monetary success

2. Employees who are allowed to choose their own working hours are given a _____.

- A. material possessions
- B. leisure activities
- C. flexible schedule
- D. meaningful relationships

3. Students who plan their study time well have good _____ skills.

- A. time management
- B. emotional stability
- C. personal fulfillment
- D. physical well–being

4. It is important to have a job but also to enjoy your _____, like hobbies and family time.

- A. mental health
- B. high income
- C. personal life
- D. social connections

5. Parents are encouraged to spend _____ with their children to strengthen family ties, not just provide money.

- A. quality time
- B. stress–related illnesses
- C. career advancement
- D. burnout

6. Watching movies, playing sports, and reading books are examples of _____.
A. life satisfaction
B. leisure activities
C. financial stability
D. material possessions
7. Working under too much pressure without breaks can lead to _____, such as anxiety and headaches.
A. stress-related illnesses
B. flexible schedule
C. personal life
D. monetary success
8. People who feel exhausted and lose motivation because of overwork are suffering from _____.
A. burnout
B. personal fulfillment
C. family bonding
D. social connections
9. Companies should care about employees' _____, ensuring they stay physically fit and healthy.
A. physical well-being
B. career advancement
C. material possessions
D. financial stability
10. Meditation, yoga, and deep breathing are examples of _____ used to reduce stress.
A. relaxation techniques
B. time management
C. monetary success

D. leisure activities

11. Being calm during difficult times shows good _____.

A. financial stability

B. emotional stability

C. material possessions

D. flexible schedule

12. Saving enough money to cover daily needs and emergencies leads to _____.

A. family bonding

B. financial stability

C. stress-related illnesses

D. burnout

13. Some people believe that earning a _____ guarantees a better standard of living.

A. meaningful relationships

B. high income

C. flexible schedule

D. physical well-being

14. People who focus only on buying cars, houses, and luxury goods are chasing after _____.

A. material possessions

B. emotional stability

C. quality time

D. leisure activities

15. Many people wrongly think that _____ means happiness, but wealth alone is not enough.

A. career advancement

B. financial stability

C. monetary success

D. time management

16. Promotions, raises, and better job titles are signs of _____.

A. life satisfaction

B. career advancement

C. meaningful relationships

D. leisure activities

17. True _____ comes from achieving personal dreams and goals, not from making a lot of money.

A. personal fulfillment

B. material possessions

C. physical well-being

D. relaxation techniques

18. Family vacations and regular family meals help build strong _____.

A. stress-related illnesses

B. social connections

C. family bonding

D. monetary success

19. Having friends you can trust and talk to easily means you have strong _____.

A. career advancement

B. meaningful relationships

C. material possessions

D. high income

20. Participating in clubs, events, and community activities helps create _____.

A. social connections

B. stress-related illnesses

C. financial stability

D. personal fulfillment