



# Worksheet

Name: \_\_\_\_\_

**I. Choose the correct answer.**

1. According to Robert Waldinger, what is the most important factor for a good life?

- a) Money
- b) Fame
- c) Good relationships
- d) Success

2. Good relationships help people become:

- a) Richer
- b) Happier and healthier
- c) More famous
- d) More intelligent

3. What is more important than having many friends?

- a) Their age
- b) Their nationality
- c) The quality of relationships
- d) Their jobs

4. People who are socially connected usually:

- a) Feel lonely
- b) Live shorter lives
- c) Are happier and healthier
- d) Have more problems



5. The video is mainly about:

- a) Education
- b) Sports
- c) Happiness
- d) Technology

II. Write T (True) or F (False).

- 6. Money is the most important factor for happiness. \_\_\_\_\_
- 7. Strong relationships can improve our health. \_\_\_\_\_
- 8. Being isolated from others is good for our well-being. \_\_\_\_\_
- 9. Quality relationships are important throughout life. \_\_\_\_\_
- 10. The study discussed in the video lasted many years. \_\_\_\_\_

III. Complete the sentences.

- 11. Good relationships make us \_\_\_\_\_ and healthier.
- 12. People need connections with family, friends, and their \_\_\_\_\_.
- 13. Happiness is closely related to the quality of our \_\_\_\_\_.
- 14. The video is based on a long-term \_\_\_\_\_ about happiness.
- 15. Social connections help people live \_\_\_\_\_ lives.