

READING AND SPEAKING

The happiness quiz

- 1 Look at the pictures. What are the people doing? Why are they happy?
- 2 Read the introduction to the quiz and answer the questions.
 - 1 What does happiness depend on?
 - 2 What do you need to know about yourself?
 - 3 How can you learn to be happier?
- 3 Do the quiz and add up your score to see how happy you are. Do you agree?
- 4 The quiz is in four sections. Write one of these headings above each section.

Your enjoyment of life

Your health

Your relationships

Happiness with yourself

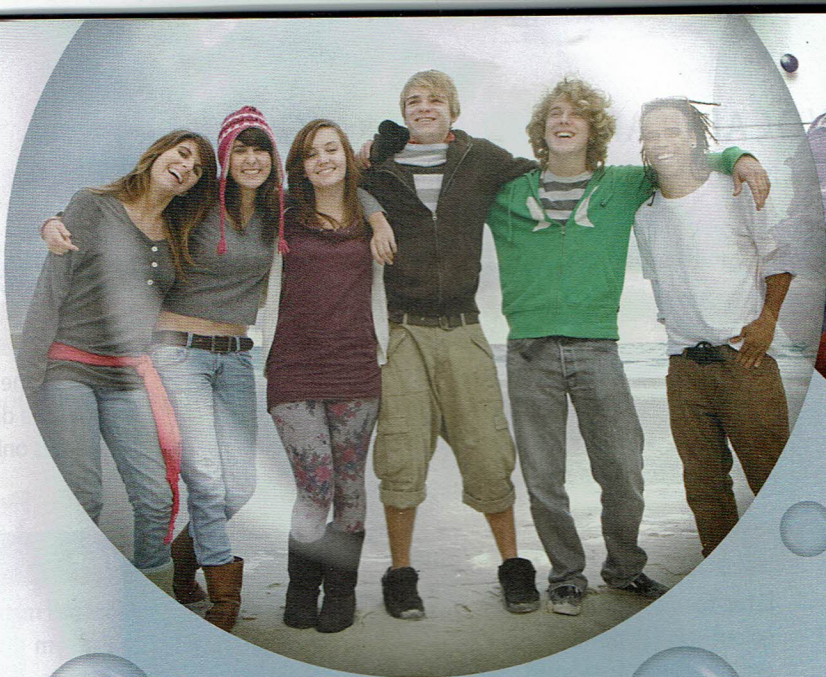
- 5 In which sections of the quiz did you score a high number? What do you need to do if you want to be happier?

What do you think?

- 6 Here are the results of a recent survey into happiness. Work in groups. Do you agree?
 - £25,000 per year is all we need to make us happy.
 - Buying things doesn't make us happy.
 - Experiences such as holidays and living abroad *do* make us happier.
 - Be happy with what you have. Stop wanting what you haven't got.
 - Enjoy what you're doing.
- 7 **T2.9** Listen to the beginning of the song, *Money*.
 - 1 According to the song, what is more important, love or money?
 - 2 'The best things in life are free.'
Does the singer agree? Do *you* agree?

Project

Research the life of someone rich and famous in the news at the moment. Has fame and fortune brought them happiness? Bring information and pictures to class. Tell the others about your person.



How happy are you?

Your happiness depends on how you see yourself, what you want from life, and how well you get on with other people.

But you need to know yourself. What sort of person are you? What makes you happy? Do you know how to make yourself happier? If you can answer these questions, you can learn to change the way you think and behave. And you *can* actually be happier. It just needs practice.

Do the quiz and find out how happy you are. Write 1–5 for each statement.

1 = very true 4 = not very true
2 = mainly true 5 = not true at all
3 = about 50/50



- 1 I take every opportunity to play, laugh, and have a good time.
- 2 I usually have a holiday at least once a year.
- 3 I get pleasure from lots of different things – art, nature, sport, friends ...
- 4 Sometimes I get really enthusiastic about things.

- 5 I have the things in life that I think are important.
- 6 I have a positive image of myself.
- 7 I am grateful for what I have, and appreciate it.
- 8 I don't often feel jealous or envious of other people.

- 9 I sleep well and wake up feeling ready for a new day.
- 10 I keep fit and I take care of myself.
- 11 I never feel stressed when I have a lot of things to do.
- 12 I don't feel afraid or depressed.

- 13 I have close friends and people I share interests with.
- 14 I get a lot of satisfaction from my work/study.
- 15 My life makes a difference to other people.
- 16 I try to help other people.

Add up your score

Your score – **How happy are you?**

16–28	Extremely happy
29–40	Happy enough
41–52	About average
53–64	Not very happy
65–80	Cheer up! Life can't be that bad!

