

What is the key to happiness?

Ahmed / Egypt



Part 1: Listen to the conversation and answer the questions.

1	What does Ahmed believe is important for happiness?	2	What should people not take for granted?	3	What should people not worry about?
a	Being social	a	The people in their lives	a	Their immediate future
b	Being thankful	b	The community they live in	b	Things they cannot control

Part 2: Put the following words in the text.

practical / focus / granted / key / ignorant / in / outcome / influence / effort / general

My name is Ahmed. I come from Egypt, and my question is, what is the key to happiness?

Which I think is a difficult question to answer, but despite me being an _____ 24-year-old, I will do my best to answer it.

I think first of all, we should, instead of making all this _____ to be happy, which happens to be what society generally is talking about nowadays, I think we should _____ on being thankful for what we have.

I think if you have people _____ your life that you care about and then they care about you and they're healthy when you wake up every morning, I think that's something that you should absolutely not take for _____. You should be very, very thankful for that.

So I would say try to be more thankful in _____. For something a bit more _____, I would say oftentimes when I'm concerned about something, some event, it's because there's something that has an _____ that I can't control in the future, and I want a specific outcome to be the outcome that actually happens.

And what I would say is we should try to do our best. Look at what we can do to _____ the outcome, do our best to influence it, and that should be our goal. I think that is the _____ to happiness.

Answer Key

What is the key to happiness? Ahmed / Egypt	
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Part 1: Listen to the conversation and answer the questions.

1	What does Ahmed believe is important for happiness?	2	What should people not take for granted?	3	What should people not worry about?
a	Being social	a	<u>The people in their lives</u>	a	Their immediate future
b	<u>Being thankful</u>	b	The community they live in	b	<u>Things they cannot control</u>

Part 2: Put the following words in the text.

practical / focus / granted / key / ignorant / making / outcome / influence / effort / general

My name is Ahmed. I come from Egypt, and my question is, what is the key to happiness?

Which I think is a difficult question to answer, but despite me being an **ignorant** 24-year-old, I will do my best to answer it.

I think first of all, we should, instead of **making all this effort** to be happy, which happens to be what society generally is talking about nowadays, I think we should **focus on** being thankful for what we have.

I think if you have people **in** your life that you care about and then they care about you and they're healthy when you wake up every morning, I think that's something that you should absolutely not **take for granted**. You should be very, very thankful for that.

So I would say try to be more thankful **in general**. For something a bit more **practical**, I would say oftentimes when I'm concerned about something, some event, it's because there's something that has an **outcome** that I can't control in the future, and I want a specific **outcome** to be the **outcome** that actually happens.

And what I would say is we should try to do our best. Look at what we can do to **influence** the **outcome**, do our best to influence it, and that should be our goal. I think that is the **key** to happiness.

ignorant

Meaning: Lacking knowledge or understanding about something.

Examples:

- I was **ignorant** about cooking until I took a class.
- He admitted that he was **ignorant** about the topic but wanted to learn.

making all this effort

Meaning: Trying very hard to do something.

Examples:

- She is **making all this effort** to learn French before her trip.
- We are **making all this effort** to improve the project, but no one appreciates it.

focus on

Meaning: To give attention to something.

Examples:

- Instead of worrying, **focus on** what you can control.
- She tries to **focus on** her studies instead of social media.

take for granted

Meaning: To not appreciate something because it is always there.

Examples:

- Many people **take for granted** the love and support of their families.
- We often **take for granted** having clean water and electricity.

practical

Meaning: Useful, realistic, or related to real-life situations.

Examples:

- She gave me **practical** advice on how to save money.

- Learning how to cook is a **practical** skill everyone should have.

outcome

Meaning: The result of something happening.

Examples:

- The **outcome** of the test will decide if I pass the course.
- We can't control the **outcome**, but we can do our best.

in general

Meaning: Usually; considering everything.

Examples:

- **In general**, I try to eat healthy food.
- **In general**, life is easier when you stay positive.