



## Society and Living Standards

### Task: Having a Good Life

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 8.

You are going to hear a talk about **having a good life**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

#### Audio Script

Everybody wants to live a good life. Not only for themselves, but for their loved ones as well. However, have you ever thought about what is essential for living a good life?

So to continue, there are some things that a person ought to do in order to form a happy life. Firstly, spend time with your family and friends. It is important to invest time on them, because they will do the same for you. When you are having a hard time or in trouble, they will be there for you. Also, not just any friends. Find good friends that will always have your back. One real good friend is worth one hundred casual friends anytime. A good friend will be there in the good and bad times, so take the time to develop and nurture good friendships, since they will be an important support system in your life. Additionally, many people claim that being productive brings happiness to their lives. This is because it keeps their minds busy and it feels good to complete things. Sure, it is important to rest but not all the time. Only when we need it in order to later be productive in life, giving us goals to achieve. Something else that is important so as to have a good life, is enjoying cultural events. In spite of our differences, when we share our culture through music, traditions, languages, ceremonies, and fashion, we are able to experience the uniqueness of a collective community. This can be something really beautiful and special to experience. Another important aspect in many people's lives is maintaining their spirituality. This is important because it forms the foundation that binds families and nations together. This has been making humans different from that of animals, since we started to connect with our spiritual side, so we ought to continue to be connected spiritually. Finally, it is important to stay active and have experiences. This way you will be able to enjoy everything in your life and not feel that you are missing out. In essence, you feel more fulfilled in life.

Although we all want to have a good life, sometimes, for whatever reason, some people slip through the cracks and believe this is impossible for them. If you keep yourself away from people, your family and friends, you may find yourself all alone and lonely at the end of your days, and that is no way to be. Also, this could make somebody become depressed and have anxiety problems. At that point it just seems harder to find a way to happiness again. Furthermore, in the past we had all seen at some point somebody who has turned bitter and is against the world because they feel that they matter to nobody at all. As a final thought, some people even feel regretful for what they didn't do in life. This could be not living

enough experiences, pulling away from their religion, or not being closer to family members and close friends.

In a nutshell, having a good life doesn't just happen. You have to work at it until it forms into the life you want to live. If some people had realized this before, they would have taken the time in investing on forming a good and happy life. Don't let that happen to you and take advantage of all that life has to offer!

Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about the things that you can do to have a good life and what can happen if you don't do these things.

Now tell me about the things that you can do to have a good life and what can happen if you don't do these things. You have one minute to talk.

This is the end of the listening task.

**Answers:**

<p>Things to do to have a good life</p>	<ul style="list-style-type: none"> <li>● Spend time with your family and friends; invest time, there for hard times and when in trouble</li> <li>● good friends; take time and develop and nurture good friendships, an important support system</li> <li>● be productive; keeps mind busy and feels good to complete things, rest only when needed but not all the time, goals to achieve</li> <li>● enjoy cultural events; get to experience the uniqueness of a community through music, traditions, languages, ceremonies, and fashion</li> <li>● spirituality; forms the foundation that binds families and nations, making humans different than animals</li> <li>● Stay active and have experiences; makes you feel fulfilled</li> </ul>
<p>What can happen if you don't do these things</p>	<ul style="list-style-type: none"> <li>● might find yourself alone and lonely at the end of your days</li> <li>● could become depressed and have anxiety problems</li> <li>● could turn bitter against the world</li> <li>● may feel regretful for what they didn't do</li> </ul>

Marks: +\_ / +10