



## Ambitions

### Task: The Relationship Between Ambition and Happiness

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 11.

You are going to hear a talk about **the relationship between ambition and happiness**. 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

The intricate connection between ambition and happiness has long been a subject of fascination and debate. Exploring the impact of ambition on personal well-being unveils a complex interplay of factors that can lead to mind-blowing outcomes. However, it is important to approach this relationship with a critical and open mind, as it remains a controversial topic with varying perspectives. While some argue that ambition is absolutely essential for achieving happiness and fulfillment, others emphasize the significance of contentment and balance. Understanding the nuances of this relationship requires delving into a written document of diverse research and personal experiences, delving into the stories and perspectives of individuals who have embarked on ambitious journeys. Sadly enough, there is no one-size-fits-all answer, as the relationship between ambition and happiness is inherently personal and nuanced. In this exploration, we will navigate the intricate terrain, examining the potential benefits, drawbacks, and complexities that arise when ambition and happiness intersect.

Ambition has long been associated with personal growth and achievement, and its impact on happiness has been a subject of interest in psychological research. Studies suggest that setting ambitious goals can indeed boost happiness and life satisfaction. However, the type of ambition pursued also plays a crucial role. Intrinsic ambition, driven by personal passions and genuine interest, has been found to promote happiness more than extrinsic ambition, which is focused on external rewards and validation. Striking a balance between ambition and contentment is key to long-term happiness, as excessive ambition may lead to burnout or dissatisfaction, while complacency can hinder personal growth. Additionally, self-efficacy, or one's belief in their ability to achieve goals, influences the relationship between ambition and happiness. When individuals have high self-efficacy, their ambitious pursuits are more likely to result in a sense of fulfillment and happiness. Ambition not only provides a sense of meaning and purpose, but also contributes to personal growth and accomplishment, ultimately leading to increased happiness. It is worth noting that while ambition can drive individuals to reach the highest possible level of success, it is essential to approach it in a balanced and self-aware manner to avoid where one can become an overwhelmed or confused individual in the pursuit of goals. By finding the right equilibrium, individuals can experience personal fulfillment and happiness relatively quickly.

Ambition, when channeled effectively, has the potential to enhance psychological well-being by fostering a sense of purpose and personal growth extremely well. Setting meaningful goals and working towards them can totally provide individuals with a sense of direction, accomplishment, and overall satisfaction, contributing to their well-being. However, it is important to strike a balance, as excessive or unrealistic ambition can lead to stress and anxiety, ultimately impacting one's well-being. Mindfulness and self-care practices play an extremely crucial role in navigating this interplay. Taking the time to be present, practice self-reflection, and engage in self-care activities helps individuals maintain a healthy equilibrium between ambition and well-being. Additionally, social support and relationships significantly influence this interplay. Having a supportive network of friends and loved ones who understand and encourage personal growth can provide the necessary emotional support and guidance. It is worth noting that achieving the best possible outcomes, whether in terms of solutions, locations, or other goals, is not the sole determinant of well-being. Only if one's ambition is aligned with their true values and passions, well-being could be truly enhanced. Striving for an excessively materialistic or status-driven lifestyle, aiming to be the most wanted or well-to-do, may not lead to genuine fulfillment. Surprisingly enough, it is the pursuit of personal growth and the development of meaningful connections that tend to contribute to psychological well-being.

Having a healthy level of ambition is widely acknowledged as vital for personal growth and fulfillment. It is through setting and striving for meaningful goals that individuals can expand their horizons and reach their full potential. Having said that, it is worth reflecting on the missed opportunities of the past. If society had realized this mistake earlier and recognized the significance of ambition in fostering personal growth, the world we inhabit today might be remarkably different. People would understand perfectly well the power of ambition to drive progress and innovation. They would appreciate that, when balanced with self-awareness and mindfulness, ambition can be an incredibly positive force. Luckily enough, awareness around the importance of ambition and its role in personal fulfillment is gradually gaining traction, and individuals are starting to prioritize holistic well-being alongside their ambitious pursuits.

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 point of view of the speaker, exploring the correlation between ambition and happiness, as well as the complex interplay of ambition and psychological well-being.

Now tell me about the point of view of the speaker, exploring the correlation between ambition and happiness, as well as the complex interplay of ambition and psychological well-being. You have one minute to talk.

This is the end of the listening task.

**Answers:**

<p>Point of View of the speaker</p>	<ul style="list-style-type: none"> <li>● Having a healthy level of ambition is important for personal growth and fulfillment.</li> </ul>
<p>Exploring the Correlation Between Ambition and Happiness</p>	<ul style="list-style-type: none"> <li>● Ambitious goals can boost happiness and life satisfaction.</li> <li>● Intrinsic ambition promotes happiness more than extrinsic ambition.</li> <li>● Finding a balance between ambition and contentment is key to long-term happiness.</li> <li>● Self-efficacy influences the relationship between ambition and happiness.</li> <li>● Ambition provides meaning and fulfillment, contributing to happiness.</li> </ul>
<p>The Complex Interplay of Ambition and Psychological Well-being</p>	<ul style="list-style-type: none"> <li>● Ambition can enhance psychological well-being by fostering purpose and personal growth.</li> <li>● Excessive or unrealistic ambition can cause stress and anxiety, impacting well-being.</li> <li>● Mindfulness and self-care are crucial for balancing ambition and well-being.</li> <li>● Social support and relationships influence the interplay of ambition and psychological well-being.</li> </ul>

Marks: +\_ / +10



**Grammar Used in the listening task:**

- **inversions: not only....but**
- **compound adjectives: jaw-dropping / well-to-do**
- **modifiers: absolutely / extremely / incredibly / totally**
- **Past participle as adjective: the most wanted player / a written document / a confused girl**
- **superlative + postmodifier + noun: best possible location / highest possible level**
- **adverb + enough: surprisingly enough / sadly enough / luckily enough**
- **adverb + adverb: perfectly well / extremely well / relatively quickly**
- **Mix Conditional: If society had realized this mistake earlier, it would be a different world today.**