

A2-B1 English Worksheet

Living for Today: The Problem With Postponing Happiness

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Article

People often think happiness will come after a better job, more money or a new home. In a Guardian article, a writer describes getting so busy chasing goals that she forgot to enjoy ordinary days. She was worried about work and rarely allowed herself time to rest.

On a trip to Italy, she saw a street celebration with no special reason. It made her realise that people can choose simple pleasures now instead of waiting for the perfect moment. A walk, a meal with friends or a hobby can make an ordinary afternoon feel different.

Planning for the future is important, and not everyone can afford expensive experiences. However, enjoyment does not always cost money. Everyday responsibilities still matter, but people can begin making time for things they value while working towards their goals.

True/False

Decide if each statement is True (T) or False (F).

No.	Statement	T / F
1	Thinking constantly about future success left the writer little room for enjoyment.	
2	In Italy, she saw a celebration for a special occasion.	
3	A street gathering changed how she thought about enjoyment.	
4	Small, enjoyable activities can make a normal day feel more special.	
5	People should wait until life is perfect to enjoy themselves.	
6	The article recommends giving up future plans.	
7	Money and responsibilities can affect what people do.	
8	Only costly activities can bring happiness.	

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. busy	A. distinct
2. often	B. relax
3. worried	C. costly
4. rest	D. uncomplicated
5. choose	E. everyday
6. simple	F. frequently
7. ordinary	G. start
8. different	H. select
9. expensive	I. occupied
10. begin	J. anxious

Use the New Language

Choose 5 words from the Synonym Match and write your own sentences.

No.	Your sentence
1	
2	
3	
4	
5	

Discussion Questions

Student A	Student B
1. Have you put off something fun until later?	1. Can big goals make us forget today's pleasures?
2. Would you choose one long holiday or several short trips?	2. Do we need more free time or better habits?
3. How do you switch off after work?	3. Does social media make ordinary days look boring?
4. What free activity did you enjoy recently?	4. Would you rather buy things or pay for experiences?
5. What new hobby would you like to try?	5. Why might adults feel guilty about resting?
6. Have you changed plans that did not work out?	6. Can too much planning make us anxious?
7. Which family tradition makes you happy?	7. How could towns improve local leisure activities?
8. What simple activity would you do more often?	8. Should schools teach children to relax?

Answer Key

True/False	1=T, 2=F, 3=T, 4=T, 5=F, 6=F, 7=T, 8=F
Synonym Match	1=I, 2=F, 3=J, 4=B, 5=H, 6=D, 7=E, 8=A, 9=C, 10=G

Example Sentences With the Words

No.	Example sentence
1	The shop was busy, so we decided to return later.
2	We often meet friends for a walk on Sunday afternoons.
3	She felt worried about the cost of her holiday.
4	I need to rest for a while after a long day at work.
5	You can choose the activities you enjoy most.
6	A simple meal together can still feel special.
7	He makes time for a walk even on an ordinary weekday.
8	Everyone has different ideas about a good weekend.
9	We decided not to book an expensive hotel.
10	You can begin with a hobby that costs very little.