

# 1

# Wake up your senses!

## READING

1 Complete the text with these words.

cosy dismiss dull overwhelming pigeonhole  
pretty reluctant willing worthwhile

### Small change, big difference

Is life feeling <sup>1</sup> ..... and boring right now? Are you <sup>2</sup> ..... to get out and try something new? Then change. But this doesn't mean taking on huge challenges that become <sup>3</sup> ..... The key to shaking up your routine is to start small. Look for ways of changing the stuff you do every day: take a different route to school or college, download a song by a band you've never heard before, talk to a student you don't normally mix with. These things might sound <sup>4</sup> ..... basic but don't <sup>5</sup> ..... them. For one thing, they help to make day-to-day life a bit more fun. And they really can be <sup>6</sup> ..... because they make you start to think differently. It's easy to <sup>7</sup> ..... yourself with fixed roles and routines. Making a change every day helps you escape in a risk-free way. And if you're <sup>8</sup> ..... to step out of your <sup>9</sup> ..... routine in small ways, you're much more likely to take on bigger challenges.

2 Read the article on the right quickly. Choose the quotation (1–3) that best fits the main message of the text.

- 1 Whoever said money can't buy happiness simply didn't know where to shop
- 2 Have stories to tell, not stuff to show
- 3 Good advice comes from bad experiences

3 e Read the article again. Choose which sentence (A–G) best fits each gap (1–6). You do not need one of the sentences.

- A A description of a difficult situation can over time turn into a funny story that becomes part of the speaker's identity.
- B While the happiness we get from objects fades over time, experiences define who you are.
- C Firstly, the memory of an experience stays with us for a long time, much longer than the excitement you get from buying an object.
- D So don't give up buying objects completely but invest in some great experiences, too.
- E There's nothing wrong with objects: some are necessary, others are beautiful.
- F He has been studying the link between money and happiness for over twenty years.
- G They seem to regret missing an experience more than losing out on an object.

## Extend

4 Complete the questions with the correct prepositions. Check your answers in the article.

- 1 What three objects are most important ..... you?
- 2 Have you ever been left ..... feelings of disappointment after buying something? What?
- 3 How many people are you connected ..... on social media?
- 4 What's happened this week to make you feel positive ..... life?

5 Complete the comments (1–6) with the correct form of these pairs of words.

regret / miss last / keep possession / stuff

Objects OR experiences?
🔍 🏠

**Sarah** Add message | Report

I guess objects. I often ask 'Why do I have all these <sup>1</sup> ..... ?'  
But then I'm not very good at getting rid of all my old <sup>2</sup> ..... !

**Hayley** Add message | Report

Both. The only thing I <sup>3</sup> ..... is not getting tickets to see my team but I really <sup>4</sup> ..... seeing it live.

**Liz** Add message | Report

I think both. Experiences give you memories that <sup>5</sup> ..... ,  
but <sup>6</sup> ..... objects also brings back happy times.