



**LIFE
HAPPENS**

Rate each statement 1-5 (1 = strongly disagree, 5 = strongly agree).

- I could live without meat. 2
- Loud talking early in the morning ruins my day. 5
- A steady job is more important than money in the bank. 5
stable
- Cell phones economiza save time more than they desperdicio waste time. 1
- Shopping malls are essential for social life. 1
- Cars create more problems than they solve. 2 what do you mean?

Discuss: Which statement got the most 4s and 5s for you? Any surprises?

Use the words to complete the sentences.

- a) I used to have a sedentary lifestyle, but now I exercise three times a week.
- b) She is trying to acquire new habits like stretching in the morning.
- c) He decided to leave his old habits behind after the health scare.
- d) Moving to a smaller city was a change for the better.
- e) Do you really want to keep leading such a hectic life?
- f) Switching to an active lifestyle boosted my energy.
improve