

Sample Discussions

Pre-reading Part B (p.69)

1. Do you think students have enough leisure time?

A: I don't think I get enough. We are given **way too much homework** after school. It's like I never really have a break. And if that is not enough, my parents also arrange **tutorial classes** for me, which **takes up** even more of my free time. There is **hardly any time left** to do the things I enjoy.

B: Well, I totally understand what you mean. I feel the same way about not having enough **leisure time**. It's exhausting. But luckily, my mum believes that the homework I get is enough, and she doesn't arrange additional courses for me, which gives me a bit more flexibility. She is quite supportive and happy to let me **hang out with my friends** after dinner, which **allows me to unwind** and **enjoy social time** ...

2. How do you stay motivated to reach your goals for healthy living?

A: I **keep track of** how much I've exercised each week. This can be a great reminder of my **progress** and keep me motivated. In addition, I like to **set new mini goals** for myself regularly. These **smaller targets** help give me something to **strive for**.

B: Yes, it is a good idea to have achievable targets. For me, I like to **surround** myself **with** other encouraging runners that share **similar goals**. Their words keep me motivated on my fitness journey.

C: Sounds great! One thing that works well for me is establishing a routine and sticking to it. Doing so helps me **stay focused on my goals**. Also, tracking my progress along the way and celebrating small victories **boost my motivation** and **keep me on track**. For instance, after successfully completing each small goal, I **treat myself to** some good food as a reward ...