

Life style



NOUNS

activity= a thing that you do for interest or pleasure, or in order to achieve a particular aim.

aspect= a particular part or feature of a situation – an idea, a problem, etc. away in which it may be considered.

attitude= the way that you think and feel.

(achieve balance) = accomplish a balance.

competition= an event in which people compete with each other to find out who is the best at sth.

creativity= having the skill and ability to produce sth new, especially a work of art.

daily routine= things you do every day.

desire= a strong wish to have or do sth.

disappointment= sadness because sth has not happened or been as good, successful, etc. as you expected or hoped.

experience= the knowledge and skill that you have gained through doing sth for a period of time.

fulfillment= to make sb feel happy and satisfied with what they are doing or have done.

goal= something that you hope to achieve.

hobby= an activity that you do for pleasure when you are not working.

insight= a deep understanding – the ability to see and understand the true about people or situations.

leisure= when you have the time to do sth without hurrying .

life style= the way in which a person or a group of people lives and works.

optimist = a person who always expects good things to happen or things to be successful.

outlook= the attitude to life and the world of particular person, group, or culture.

opportunity= a time when a particular situation makes it possible to do or achieve sth.

personality= the various aspects of a person's character that combine to make them different from other people.

pessimist= noun a person who always expects bad things will happen and that sth will not be successful.

priority= something that you think is more important than other things and should be dealt with first.

pressure= the act of trying to persuade or to force sb to do sth.

realist= a person who accepts and deals with a situation as it really is and does not try to pretend that it is different.

risk taker= the practice of doing things that involve risks in order to achieve sth.

self-expression= the expression of your thoughts or feelings, especially through activities such as writing, painting, dancing, etc.

sense= feeling – a feeling about sth important.

ADJECTIVE

active= always busy doing things, especially physical activities.

bored= feeling tired and impatient because you have lost interest in sb/sth or because you have nothing to do.

confused=unable to think clearly or to understand what is happening or what sb is saying.

dissatisfied= not happy or satisfied with sth.

intense= very great – very strong.

materialistic= caring more about money and possessions than anything else.

negative= considering only the bad side of sb/sth.

outdoor= happening or situated outside rather than in a building.

positive= feeling confident and hopeful.

recreational= connected with activities that people do for enjoyment when they are not working.

successful= achieving your aims or what was intended.

VERB

achieve= to succeed in reaching a particular goal, status or standard, especially by making an effort for a long time.

appeal= to attract or interest sb.

attract= in you are attracted by sth, it interests you and makes you want it if you are attracted by sb, you like or admire them.

choose= to decide which thing or person you want out of the ones that are available.

express= to show or make known a feeling, an opinion, etc. by words, looks, or actions.

enjoy= to get pleasure from sth.

fulfil= to do or achieve what was hoped for or expected.

improve= to become better than before.

motivate= to be the reason why sb does sth or behaves in a particular way.

participate= to take part in or become involved in an activity.

regret= to feel sorry about sth you have done or about sth that you have not been able to do.

relax= to rest while you are doing sth enjoyable, especially after work or effort.

satisfy= to make sb pleased by doing or giving them what they want.

VERB PHRASES

lead a happy life= live life to the full.

live life on the edge= feel alive.

live life to the full= have a positive outlook on life.

make a choice= to select

make a decision= to decide.

make a living= to live.

meet a need= to do or satisfy what is needed or what sb asks for.

miss(an opportunity)= to not take the opportunity to do sth.

play a role= to act.

put pressure on= to force or to try to pressure sb to do sth.

set (a goal) = something that you hope to achieve.

take part (in) = **Ex:** taking part in sport give you the strongest desire to win.

work hard for a living= **Ex:** I think people have always worked hard for a living.

PHRASES WITH LIFE OR LIVING

all walks of life= a person's job or position in society – background .

cost of living= a way or style of life.

lifelong ambition= **Ex:** it was a lifelong ambition of mine to travel to the Arctic Circle and see the northern lights.

living expenses= the money that you spend on living.

once in a lifetime opportunity= **Ex:** going to Egypt and seeing the pyramids was a once in a life time opportunity for me.

standard of living= **Ex:** the standard of living in my country is very good.

way of life= **Ex:** for me, being a vegetarian is not just about diet, it has become a way of life.

Vocabulary note



Note the difference between life and living. Life is used to refer to the period between birth and death, living is used to refer to being alive, make a living refers to earning money.