

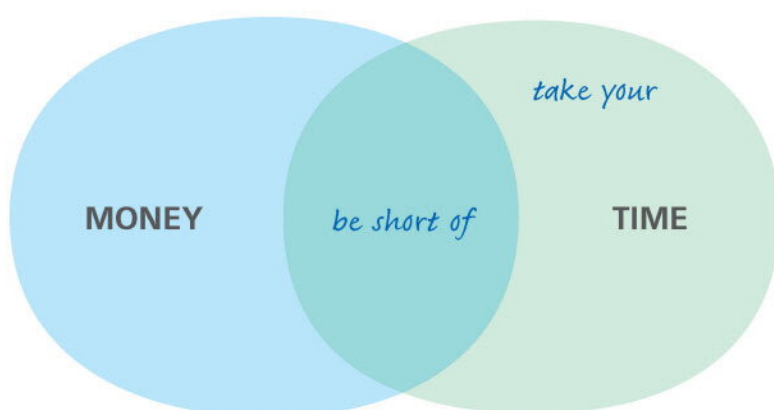
3.2 Best ways to invest your time

GOALS ■ Use collocations with *time* and *money* ■ Talk about the future (2)

Vocabulary & Reading collocations with *time* and *money*

- 1 Work with a partner. Put the collocating verbs and phrases into the correct place in the diagram.

~~be short of~~ choose the right fritter away get your ...'s worth
have ... to spare invest kill run out of set aside
~~take your~~ throw your ... around waste while away



- 2a Complete the sentences using one of the collocations from the diagram in exercise 1. If there is more than one possible answer, discuss any difference in meaning with your partner.

- 1 Apps such as Candy Crush or Fruit Ninja are a good way to _____ when you're bored.
- 2 If you _____, ready-made meals for the microwave are just as good as home-cooked food.
- 3 Don't _____ worrying about what other people have.
- 4 It's important to _____ for the people you care about.
- 5 Don't _____, try to save it for something really worth buying.
- 6 The best way to _____ is in your education.
- 7 If your education is expensive, make sure you _____ by working as hard as you can.

- b Which of the statements in exercise 2a do you (dis)agree with? Discuss with a partner.
- c Which do you think is more valuable, time or money? Explain why.

- 3a Read the introduction to an online article. What is the article going to tell you – a, b or c?
- a Why we shouldn't waste time.
 - b How to use your time more effectively.
 - c How to save more money.

BLOG Spending time wisely

Which is more valuable, time or money? Most of us would probably say 'time'. So why do we waste hours watching boring TV programmes, or kill time playing games on our phones and tablets?

We think it's impossible to make more time. But, like money, we can choose to spend our time wisely or we can fritter it away.

- b Read sections 1 and 2 of the article and check your answer to exercise 3a.

1 Health

Until we actually get ill, most of us take our health for granted. We say we're too busy to go to the gym, or to cook a healthy meal, or to get enough sleep.

But, just to take an example, one in three adults today will have developed diabetes by the time they're sixty. Don't be one of them. Invest time in your health.

2 Time audits

According to Stephen Covey, in *The 7 Habits of Highly Effective People*, we tend to spend most of our time either dealing with things which must be done immediately, or doing things which don't really need to be done at all (like watching TV). Instead, we should be thinking about what we will be doing in five years' time, not just what we need to do by tomorrow.

These plans may not be urgent, but that doesn't mean that they aren't important. If you are always dealing with the day to day emergencies, you'll never manage to achieve anything bigger.

4a Work with a partner. Student A, read sections 3 and 4 of the article on page 127. Student B, read sections 5 and 6 on page 133.

b Tell your partner about the two sections you read. Then decide together on the two best ideas in the whole article.

Grammar & Reading talking about the future (2)

5 Read the Grammar focus box and, with the same partner, add two further examples of each verb form from the article in exercise 3a and the two sections in Communication.

GRAMMAR FOCUS future continuous and future perfect

- We use the **future continuous** to talk about an action in progress at a certain future time.

will + be + verb + -ing

This time next year, I'll be living in another country.

a _____

b _____

- We often use the future continuous with phrases such as *this time next year/in two years' time* to talk about what will be happening at a specific time.

- We use the **future perfect** to talk about an action completed by a certain time in the future.

will + have + past participle

By this time next year, I will have finished writing my book.

c _____

d _____

- We often use the future perfect with phrases such as *by this time next year/in five years' time* to talk about a point by which the action will already be complete.

→ Grammar Reference page 141

6 Read the last part of the article in exercises 3a and 3b and complete it with the future continuous or future perfect form of the verbs in brackets.

How to set goals for your future

Don't just think about work. Also think about what you ¹ _____ (achieve) by this time next year in terms of your relationships with friends and family, travel, health, earning (and saving) money.

Make sure your goals are specific and measurable. Everyone could say: 'By this time next year, I ² _____ (earn) more money.' This doesn't help. You need to know exactly how you are going to do this. Break each goal down so that you know exactly what you ³ _____ (do) each week to achieve your goal.

I also have an overall plan for the year. For example, last year was all about travel. I wrote in my plan, 'by this time next year, I ⁴ _____ (visit) ten different countries'. And I did. This coming year, I ⁵ _____ (concentrate) on settling down to my new life in Canada.

Most people overestimate what they can do in a day, but underestimate what can be achieved in a year. Plan properly and you'll be amazed at what you ⁶ _____ (achieve) by the end of the year.

7a **TASK** Think about your goals and action plans for the next twelve months.

- Write down three goals connected with family, learning, travel or anything else.
- Think of specific actions you can take for each goal and decide when you will do them.

b Tell your partner about your goals, specific actions you will be taking and what you will have achieved by certain points in the next year. How many goals or actions are similar to your partner's?

