

Rushing Through Your Day

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سلام و درود دوست من!

فایل پیشرو درباره مضرات داشتن عجله در طول روز از دید من هست. شما در ابتدا خود متن را دارید که می توانید به آن گوش دهید. عبارات مهم را براتون مشخص کردم که در دفترچه لغاتتان یادداشت کنید و یاد بگیرید. در قسمت بعدی تمرینهای را براتون در نظر گرفتم که بتوانید مهارت انگلیسیتان را قویتر کنید. اگر عبارت یا کلمه ای را نمی دانید حتما چک کنید تا بتوانید آن را یاد بگیرید. امیدوارم دوست داشته باشید و به دیگران هم پیشنهاد کنید.

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Our lives have become very busy. Every day we have to **do a lot of different activities**. We need to **get up early** to **have breakfast** and **prepare for our day**. Many of us have to **set off for work early** to **avoid the morning traffic**. If we are late, we will **get stuck in traffic**. We **arrive at work** late which is not a good thing. We have to **complete different tasks** at work before the working day is finished. If they are not finished, some of us have to **stay and work late**. In the evening, we again have to **fight the traffic** to get home. There are many **house chores** that we need to **do** like **cleaning our house** or **cooking dinner**.

The situation above is in my opinion good, but sometimes there is a problem. The problem is that we may **rush through our day**. We **are in a hurry** to finish our activities at work or home. We sometimes **plan a lot of tasks** to complete. We sometimes have to do because there are no other ways. The problem is we all **have a limited time** during the day. We will definitely **feel stressed** when we put too many tasks in our day. Stress leads to other problems that I want to tell you a little bit about.

In my opinion, the first problem is that we will **have a bad creativity**. When we hurry to complete different tasks, we cannot think about creativity. We cannot think to do our job **in a new way**. For example, I have to write and prepare a podcast for you. When I'm in a hurry, I cannot think about how to do the podcast beautifully. However, when I feel relaxed, I have time to think about doing a different job. When I am relaxed, I can be more creative.

The second problem is for our health. When we are trying to do everything fast, we **put a great deal of stress on ourselves**. Stress can be bad for both our physical and mental health. People who are always stressed **have problems with their heart and mind**. They feel something heavy on the heart which is not good. Their mind cannot **think clearly** so they may **make poor decisions**. We need to slow things down to avoid these mental and physical problems.

Lastly, I believe we cannot enjoy our lives when we rush through our day. When we are in a hurry, we cannot **appreciate the nature and its beauty**. For example, imagine one person is late for an important meeting. They will never see how beautiful the sky or the sun is. However, if they **have enough time**, they may **have a better chance** to see these.

In my opinion, we need to **have a good plan** for our day. We need to avoid overusing social media and trying to **do** too many **tasks**. By doing these, we will have enough time to relax and do our daily activities much more slowly. Therefore, we will not have problems which I wrote about. Relax and enjoy your life.

Exercise 1- Listen to the podcast and fill in the blanks.

Our lives have become very busy. Every day we have to do a lot of different 1) _____. We need to get up early to have breakfast and prepare for our day. Many of us have to set off for work early to 2) _____ the morning traffic. If we are late, we will get stuck in traffic. We arrive at work late which is not a good thing. We have to complete 3) _____ tasks at work before the working day is finished. If they are not finished, some of us have to stay and work late. In the evening, we again have to fight the traffic to get home. They are many house 4) _____ that we need to do like cleaning our house or cooking dinner.

The situation above is in my opinion good, but sometimes there is be a problem. The problem is that we may rush through our day. We are in a 5) _____ to finish our activities at work or home. We sometimes plan a lot of tasks to complete. We sometime have to do because there are no other ways. The problem is we all have a limited time during the day. We will definitely feel stressed when we put too many tasks in our day. 6) _____ leads to other problems that I want to tell you a little bit about.

In my opinion, the first problem is that we will have a bad 7) _____. When we hurry to complete different tasks, we cannot think about creativity. We cannot think to do our job in a new way. For example, I have to write and 8) _____ a podcast for you. When I'm in a hurry, I cannot think about how to do the podcast beautifully. However, when I feel relaxed, I have time to think about doing a different job. When I am relaxed, I can be more creative.

The second problem is for our 9) _____. When we are trying to do everything fast, we put a great deal of stress on ourselves. Stress can be bad for both our physical and mental health. People who are always stressed have problems with their 10) _____ and mind. They feel something heavy on the heart which is not good. Their mind cannot think clearly so they may make poor decisions. We need to slow things down to avoid these mental and physical 11) _____.

Lastly, I believe we cannot enjoy our lives when we rush through our day. When we are in a hurry, we cannot 12) _____ the nature and its beauty. For example, imagine one person is late for an important meeting. They will never see how beautiful the sky or the sun is. However, if they have enough time, they may have a better 13) _____ to see these.

In my opinion, we need to have a good plan for our day. We need to avoid 14) _____ social media and trying to do too many tasks. By doing these, we will have enough time to relax and do our daily activities much more 15) _____. Therefore, we will not have problems which I wrote about. Relax and enjoy your life.

Exercise 1- Check your answers.

Our lives have become very busy. Every day we have to do a lot of different **1) activities**. We need to get up early to have breakfast and prepare for our day. Many of us have to set off for work early to **2) avoid** the morning traffic. If we are late, we will get stuck in traffic. We arrive at work late which is not a good thing. We have to complete **3) different** tasks at work before the working day is finished. If they are not finished, some of us have to stay and work late. In the evening, we again have to fight the traffic to get home. They are many house **4) chores** that we need to do like cleaning our house or cooking dinner.

The situation above is in my opinion good, but sometimes there is be a problem. The problem is that we may rush through our day. We are in a **5) hurry** to finish our activities at work or home. We sometimes plan a lot of tasks to complete. We sometime have to do because there are no other ways. The problem is we all have a limited time during the day. We will definitely feel stressed when we put too many tasks in our day. **6) Stress** leads to other problems that I want to tell you a little bit about.

In my opinion, the first problem is that we will have a bad **7) creativity**. When we hurry to complete different tasks, we cannot think about creativity. We cannot think to do our job in a new way. For example, I have to write and **8) prepare** a podcast for you. When I'm in a hurry, I cannot think about how to do the podcast beautifully. However, when I feel relaxed, I have time to think about doing a different job. When I am relaxed, I can be more creative.

The second problem is for our **9) health**. When we are trying to do everything fast, we put a great deal of stress on ourselves. Stress can be bad for both our physical and mental health. People who are always stressed have problems with their **10) heart** and mind. They feel something heavy on the heart which is not good. Their mind cannot think clearly so they may make poor decisions. We need to slow things down to avoid these mental and physical **11) problems**.

Lastly, I believe we cannot enjoy our lives when we rush through our day. When we are in a hurry, we cannot **12) appreciate** the nature and its beauty. For example, imagine one person is late for an important meeting. They will never see how beautiful the sky or the sun is. However, if they have enough time, they may have a better **13) chance** to see these.

In my opinion, we need to have a good plan for our day. We need to avoid **14) overusing** social media and trying to do too many tasks. By doing these, we will have enough time to relax and do our daily activities much more **15) slowly**. Therefore, we will not have problems which I wrote about. Relax and enjoy your life.

Exercise 2- Match a-f with 1-6.

- a. do
- b. set off
- c. prepare for
- d. have
- e. be
- f. make

- 1. your day
- 2. poor decisions
- 3. in a hurry
- 4. house chores
- 5. for work
- 6. breakfast

Exercise 2- Check your answers.

- 1. do house chores
- 2. set off for work
- 3. prepare for your day
- 4. have breakfast
- 5. be in a hurry
- 6. make poor decisions

Exercise 3- Complete the sentences with the given collocations.

- do house chores
- set off for work
- prepare for your day
- have breakfast
- be in a hurry
- make poor decisions

1. I always _____ before I take the bus to work.
2. They sometimes need to get up early to _____.
3. Why are you _____? The store won't close for another hour.
4. When I wanted to _____ this morning, I realized my car is not starting.
5. I have some guests tonight. I need to _____ some _____ this evening.
6. Don't _____ by asking Jack. He's not a good person.

Exercise 3- Check your answers.

1. I always **have breakfast** before I take the bus to work.
2. They sometimes need to get up early to **prepare for their day**.
3. Why are you **in a hurry**? The store won't close for another hour.
4. When I wanted to **set off for work** this morning, I realized my car is not starting.
5. I have some guests tonight. I need to **do** some **house chores** this evening.
6. Don't **make poor decisions** by asking Jack. He's not a good person.

Exercise 4- Order the words to make correct sentences.

1. We will have enough time to relax and activities/ our/ do/ daily much more slowly.
2. They will never see how is/ the/ beautiful/ the/ or/ sky/ sun.
3. We need to down/ avoid/ things/ slow/ to these mental and physical problems.
4. When we are trying to do everything fast, we on/ great/ put/ a/ deal/ stress/ of ourselves.
5. When we tasks/ complete/ hurry/ to/ different, we cannot think about creativity.
6. They chores/ many/ are/ house/ that we need to do like cleaning our house or cooking dinner.
7. off/ of/ many/ us/ to/ have/ for set work early to avoid the morning traffic.

Exercise 3- Check your answers.

1. We will have enough time to relax and do our daily activities much more slowly.
2. They will never see how beautiful the sky or the sun is.
3. We need to slow things down to avoid these mental and physical problems.
4. When we are trying to do everything fast, we put a great deal of stress on ourselves.
5. When we hurry to complete different tasks, we cannot think about creativity.
6. They are many house chores that we need to do like cleaning our house or cooking dinner.
7. Many of us have to set off for work early to avoid the morning traffic.