

Vocabulary

ignorant

Meaning: Lacking knowledge or understanding about something.

Examples:

1. I was ignorant about cooking until I took a class.
2. He admitted that he was ignorant about the topic but wanted to learn.

making all this effort

Meaning: Trying very hard to do something.

Examples:

1. She is making all this effort to learn French before her trip.
2. We are making all this effort to improve the project, but no one appreciates it.

focus on

Meaning: To give attention to something.

Examples:

1. Instead of worrying, focus on what you can control.
2. She tries to focus on her studies instead of social media.

take for granted

Meaning: To not appreciate something because it is always there.

Examples:

1. Many people take for granted the love and support of their families.
2. We often take for granted having clean water and electricity.

practical

Meaning: Useful, realistic, or related to real-life situations.

Examples:

1. She gave me practical advice on how to save money.
2. Learning how to cook is a practical skill everyone should have.

outcome

Meaning: The result of something happening.

Examples:

1. The outcome of the test will decide if I pass the course.
2. We can't control the outcome, but we can do our best.

in general

Meaning: Usually; considering everything.

Examples:

1. In general, I try to eat healthy food.
2. In general, life is easier when you stay positive.

Vocabulary Quiz

Complete the sentences with the vocabulary from the lesson:

practical • take for granted • in general • making all this effort • outcome • ignorant • focus on

1. He was ___ about social media trends.
2. We are ___ to fix the problem before the deadline.
3. Try to ___ what you can control instead of worrying.
4. Don't ___ your friends or your health.
5. Her advice was very ___ and easy to follow.
6. We can't control the ___ of everything, but we can try our best.
7. ___, I think people just want to feel appreciated.

Ahmed / Egypt 

What is the key to happiness?

My name is Ahmed. I come from Egypt, and my question is, what is the key to happiness?

Which I think is a difficult question to answer, but despite me being an **ignorant** 24-year-old, I will do my best to answer it.

I think first of all, we should, instead of **making all this effort** to be happy, which happens to be what society generally is talking about nowadays, I think we should **focus on** being thankful for what we have.

I think if you have people in your life that you care about and then they care about you and they're healthy when you wake up every morning, I think that's something that you should absolutely not **take for granted**. You should be very, very thankful for that.

So I would say try to be more thankful **in general**. For something a bit more **practical**, I would say oftentimes when I'm concerned about something, some event, it's because there's something that has an **outcome** that I can't control in the future, and I want a specific **outcome** to be the **outcome** that actually happens.

And what I would say is we should try to do our best. Look at what we can do to influence the **outcome**, do our best to influence it, and that should be our goal. I think that is the key to happiness.

Quiz

Answer the following questions about the interview.

1) What does Ahmed believe is important for happiness?

- a) Being social
- b) Being thankful**

2) What should people not take for granted?

- a) The people in their lives**
- b) The community they live in

3) What should people not worry about?

a) Their immediate future

b) Things they cannot control

Corporate Terminology – Medical

To Get Vaccinated

If you get vaccinated or have a vaccination, you are given an injection to protect you from viruses.

“I get vaccinated against the flu every winter.”

To Treat a Condition

If you treat a condition, you deal with an illness or injury with medicine or therapy.

“He is treating his condition with painkillers and physiotherapy.”

To Endure Pain

When you endure pain or discomfort, you experience pain or soreness.

“Poor James is enduring a lot of discomfort with his back injury.”