

EVOLVE LEVEL 3, audioscript for Unit Quiz 12A

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Jessica: I smile a lot. It's true. People see me with a smile on my face, and they think that I have the ideal life, that everything is just perfect. But I smile, not because I have an easy life, but because I know that when bad things happen, I can think about them in a positive way.

I'll give you an example. We've all been on public transportation when there's been a problem and the bus or the train stops. When this happens, I see everyone getting really stressed – they start asking what the problem is and start worrying about how late they will be, and they're terrified about what their boss will say. I know there is nothing I can do about the situation, so I just take out my phone and listen to a podcast or some music and smile because I am either enjoying the music or learning something from the podcast. But my attention is not on the bad situation in the present or a possible bad situation in the future.

Everyone loves worrying about the future! My husband gets really worried when we have people coming to visit. He spends a lot of time cleaning the house and spends lots of money on different foods and drinks. He is worried about the future. Will everyone like the food and our house? I help him clean the house, of course, but I try to enjoy the experience of preparing for our visitors.

So how can you learn to be more positive? By the end of my talk, you will understand that enjoying the present is more important than worrying about the future. So stop worrying about when we'll have the coffee break, and look at this terrific picture of me when I was seven years old.