

# TIPS TO SAVE MONEY

## 1. Discussing language

Answer the following questions about the meaning. Use the Internet or a dictionary if needed.

1. You go to a business conference. You are not sure if you should wear the badge with your name on it or not. What do you do? How is this an example of an **environmental cue**?
2. How much money would someone need to give you to **have an impact** on your life? Whose life do you have an impact on?
3. How do you imagine **your future self**?
4. What problems in your life do you need **to get a handle on**?
5. What **frequent purchases** do you make that you could do without if needed?
6. If someone told you their business deal suffered "**death by a thousand cuts**", what do you think that means?
7. If your department is \$4000 **in the hole**, what does that mean?

## 2. Focus on vocabulary

**Part A: Underline the correct words to complete the definitions.**

1. *willpower*: the ability to control and push **yourself/someone else** to achieve something
2. *pre-commitment*: the **possibility/promise** that you will do something (made in advanced)
3. *vow*: to **formally/casually** promise to take action on something in the future
4. *highlight*: to do something that makes people give **less/more** attention to something
5. *transition*: the process of **adding/changing from** one thing to another
6. *ration*: to set a fixed amount of something that you are **allowed/not allowed** to have
7. *irrational*: **based on/not based on** clear logical thoughts and ideas
8. *budgeting*: the process of **not limiting/limiting** the amount of money you spend

**Part B: Now add the words from Part A into the gaps in the following questions.**

|   |                                                                                                                                |
|---|--------------------------------------------------------------------------------------------------------------------------------|
| 1 | Do you have an<br>fear of anything, such as spiders, or heights, or dogs? What is it?                                          |
| 2 | Have you ever had to<br>the amount of food you ate? Why? What was the situation?                                               |
| 3 | When it comes to your personal money, are you good at<br>, or do you overspend?                                                |
| 4 | Who or what in your life have you made a<br>to? Why is it important to you?                                                    |
| 5 | Did you find it difficult to make the<br>from being a student, to working? What<br>happened?                                   |
| 6 | If someone asked you to<br>your achievements, what would you say?                                                              |
| 7 | Have you ever needed strong<br>to do something, such as start exercising more, or<br>stop smoking? What was it? What happened? |
| 8 | What do you<br>to do in the future? Why is it important to you?                                                                |