

What Makes a Good Life #1

What makes a good life? If you want to make your future _____ happier _____, _____ do you _____ time and energy? Many people, _____, _____ major life _____ is to be rich or famous. They believe _____ or _____ that makes us happy. Harvard University _____ the lives of _____ men _____ 8 _____ since _____. _____ every 2 _____ to _____ what makes people _____ and happier. The _____ study is simple; good and _____ happy and healthy. _____ and _____. People _____ good _____ are happier, _____ healthier, _____.

What makes a good life? If you want to make your future self happier and healthier, on what do you spend your time and energy? Many people, especially young adults, say that a major life goal is to be rich or famous. They believe that it is wealth or fame that makes us happy. Harvard University has tracked the lives of 724 men for about 8 decades since 1938. Researchers have interviewed them every 2 years to figure out what makes people healthier and happier. The lesson from this study is simple; good and warm relationships keep us happy and healthy. It is not about wealth and fame. People with good connections are happier, physically healthier, and they even stay smarter as they grow old.

healthy	健康な	interview	面談する
spend	費やす、過ごす	figure out	わかる、見つけ出す
especially	特に、とりわけ	lesson	教訓
adult	大人	warm	温かい
famous	有名な	relationship	関係、人間関係
wealth	富	connection	つながり、親交
fame	名声	physically	物理的に、肉体的に
track	追跡する	stay	～のままている
decade	10年間	smart	賢い
researcher	研究者	grow	成長する

What Makes a Good Life #2

This research _____ the quality of your close relationships that _____, not the _____. _____ it's just a few, having good and _____ relationships is the key to a happy life. _____ what is a _____ relationship? It could be a friend who you _____ love; a _____ who _____ you; a _____ you _____ and respect to each other; or a person _____. So, _____ to a group of people you actually don't like. Also, _____ about the number of friends on _____ you are _____ or not. In fact, _____ many _____. Having somebody who you _____ is important.

This research suggests that it is the quality of your close relationships that matters, not the quantity. Even if it's just a few, having good and warm relationships is the key to a happy life. Then what is a quality relationship? It could be a friend who you truly love; a mentor who cares about you; a partner whom you trust and respect to each other; or a person who you can call when you are in trouble. So, it is not about belonging to a group of people you actually don't like. Also, it is not about boasting about the number of friends on social media. It is not even about whether you are married or not. In fact, marriages with many conflicts can even be worse than getting divorced. Having somebody who you feel has your back is important.

suggest	示唆する、提案する	belong	所属する
quality	質	boast	自慢する
matter	重要である	social media	SNS
quantity	量	whether	〜かどうか
a few	いくつかの、2~3の	marry	結婚する
mentor	師、指導者	marriage	結婚生活
trust	信頼する	conflict	対立、衝突
respect	尊敬する	divorce	離婚する
call	電話をかける	have one's back	支える、守る、手助けする
trouble	問題、困りごと		

What Makes a Good Life #3

Good relationships make us happy. _____ we often _____ to keep a friendship _____. Why? Basically, _____ relationships is not easy. We can _____ space _____ has some life _____, such as a job change, a _____ to a _____, or _____. So we need to _____ and _____ into maintaining relationships. For example, you may need to _____ to your school friends _____ graduation _____ they are _____ to you. Also, we have to _____. We _____ to people who _____ respect, understand, and _____. If you want to _____ such a _____, you will need to _____ things and get _____ experiences. We need to know that a good life is not easy to have. However, it's very much _____ for.

Good relationships make us happy. But we often fail to keep a friendship alive. Why? Basically, maintaining relationships is not easy. We can easily develop space when one has some life event, such as a job change, a move to a different city, or getting married. So we need to continuously put energy and effort into maintaining relationships. For example, you may need to regularly reach out to your school friends after graduation if they are really important to you. Also, we have to keep growing. We are attracted to people who show us respect, understand, and empathize with us. If you want to grow into such a person, you will need to learn a lot of things and get various experiences. We need to know that a good life is not easy to have. However, it's very much worth striving for.

basically	基本的に	reach out	連絡を取る、接触する
maintain	維持する	graduation	卒業
easily	容易に	attract	惹きつける
space	空間、距離	empathize	共感する
move	引っ越し	various	様々な
continuously	継続的に	experience	経験
effort	努力	worth	～する価値がある
regularly	定期的に	strive	励む、努力する