

Grammar  
Video  
Reading  
Vocabulary

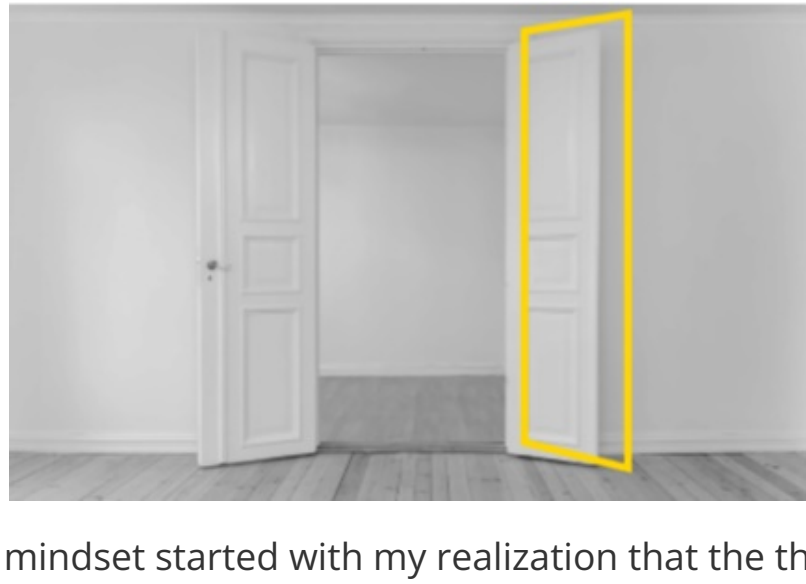
Habits  
How has minimalism changed your life?  
Living like a minimalist  
Phrasal verbs

Task 1-2 | Reading

Task 1

A. Read the article and answer the questions.

1. What is the main idea of minimalism?  
2. What is the author dedicating more time to now?



**Living like a minimalist**  
1 It's 7:15 a.m. on a Tuesday. I'm **going through** my closet for the 20th time when it hits me – I have twelve pairs of black pants. Twelve. And still no idea what to wear.  
2 That happened two years ago. Since then, I've gone full minimalist. It didn't happen overnight. When you're as used to retail therapy as I was, it's hard to give up a materialistic lifestyle. "I'll just **try this out**," I said to myself. "What's the worst that can happen?" I **brought** the concept of minimalism **up** with my husband. He argued that getting used to living with less would take time, but nonetheless **supported** my decision.  
3 Minimalism **comes down** to this: the less you own, the less that owns you. Adapting a minimalist mindset started with my realization that the things I owned hadn't brought me purpose, fulfillment, or happiness. I used to think they had, but in fact, not only weren't my possessions bringing me joy, they were actually distracting me from it.  
4 I started with decluttering. I would **go through** my apartment once a week **getting rid of** anything I didn't use or love and wondering why I **held on** so dearly to stuff that didn't matter to me. I didn't use to think I had too much, but I **ended up** donating more than fifteen boxes of things to the homeless.  
5 Next, I significantly **cut down on** mindless purchases. Step by step, I was getting used to re-evaluating my shopping habits and thinking twice before I bought anything on impulse. I started saving like I'd never saved before: small savings **add up** to big money!  
6 Finally, I became more intentional with how I spent my time and energy as well. I quit the job I used to hate and switched to freelance. I discovered I had time to **work out**, meet with friends, and travel, too. True, my earnings **went down**, but thanks to my minimalist lifestyle my saving power stayed the same, and I felt much happier. I used to chase possessions, but now I am investing in relationships, experiences, emotions. It's a process, but the one I enjoy more than any shopping spree.

B. Read the article again. Find words or phrases in the text that match the meanings.

- a. I understood / I realized (paragraph 1) **it hit me**  
b. become (paragraph 2) **go**  
c. suddenly, quickly (paragraph 2) **overnight**  
d. way of thinking, opinion (paragraph 3) **mindset**  
e. removing things that you don't need (paragraph 4) **decluttering**  
f. show that someone is wrong (paragraph 4) **prove (me) wrong**  
g. buy something without stopping to think about it (paragraph 5) **buy on impulse**  
h. a period of time you spend on shopping too much (paragraph 6) **shopping spree**

Check Hide answers Reset

Task 2

A. Look at the phrasal verbs from task 1A and the text and choose the correct definition. Use the context to help you.

- |                        |   |
|------------------------|---|
| 1. end up              | b. to be found in a place or a situation that is not expected |
| 2. go through (smth)   | f. examine something carefully                                |
| 3. try (smth) out      | j. test something   |
| 4. come down to (smth) | e. describing the main idea                                   |
| 5. get rid of (smth)   | i. remove or throw something away                             |
| 6. hold on to (smth)   | a. keep something you have                                    |
| 7. cut down on (smth)  | c. do or use less of something                                |
| 8. add up to (smth)    | g. to make a total amount of something                        |
| 9. work out            | d. exercise   |
| 10. go down            | h. become lower   |

Check Hide answers Reset

B. Complete the phrasal verbs in the sentences below.

- 1 One of the conclusions I made after reading Chuck Palahniuk's Fight Club is that our life nowadays comes **down to** working hard and buying useless things.  
2 They say that if you manage to get **rid of** clutter you've held **on to** all your life, you'll finally have more free time for activities that make you happy such as relationships, hobbies and working **out**.  
3 Even though my salary might go **down** after I change my job, I will still have enough money as a result of cutting **down on** shopping.  
4 When she counted the amount of clothes and shoes she had, it all added **up to** quite a shocking amount.  
5 Who knew that they would end **up** married to one another!  
6 I was going **through** my old pictures when I realized how much my family members and I have changed over the years.  
7 Last night Selena talked about trying something new everyday for a month in order to change her life. I thought it was really inspiring. I want to try that **out** as well.

Check Hide answers Reset

Task 3 | Video

Task 3

Task 3  
Watch the video where two people talk about minimalism. How has minimalism changed their lives? Take notes and pay attention to the usage of the structures to express habits and phrasal verbs.



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Save

Task 4-6 | Grammar

Task 4

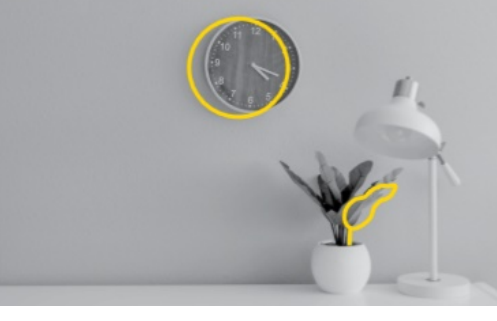
Look at the text in task 1 again and find all examples with the structures that are used to talk about habits.

1. **When you're as used to retail therapy as I was...**  
2. **He argued that getting used to living with less would take time ...**  
3. **I used to think they had ...**  
4. **I didn't use to think I had too much...**  
5. **Step by step, I was getting used to re-evaluating my shopping ...**  
6. **I quit the job I used to hate and switched to freelance.**  
7. **I used to chase possessions**

Save Hide answers Reset

Task 5

Fill in the gaps using used to, be used to and get used to in the correct form.



- 1 When I was little my mother **used to** make us clean our desks and throw away everything that was distracting us from doing homework.  
2 While I **was getting used to** being a minimalist, what I found the hardest was learning to live without paper books and magazines.  
3 When Alex moved to Spain he quickly **got used to** eating traditional Spanish food.  
4 30 years ago people **didn't use to** produce so much plastic.  
5 Jane has started working at a new place recently. She likes everything about her new job, the only thing she can't **get used to** is waking up so early.  
6 Alice's children **are used to** flying because they have travelled by plane a lot since they were little.  
7 How **did you get used to** going to sleep so early? You go to bed at 10 but for me it's just impossible!  
8 **Did you use to** have a lot of friends when you were at school?

Check Hide answers Reset

Task 6

Open the brackets using used to, be used to and get used to and the verbs in brackets in the correct form.

- 1 I feel comfortable with most things here in Australia but don't think I will **get used to driving** (drive) on the left. It's so strange!  
2 I **am not used to wearing** I'm not used to wearing (wear) high heels. I find them uncomfortable.  
3 You never **used to do** (do) that when you were younger.  
4 It's hard for me **to get used to working** (work) night shifts.  
5 My sister **didn't use to like** I did not use to like (like) green vegetables when she was little, but now she eats lots of them every day.  
6 We **are getting used to living** (live) in the countryside. It'll take me some time.

Check Hide answers Reset

Notes

Write your own notes

...

Save

Test Yourself

Choose the correct option.

- |   |   |   |
|---|---|---|
| 1. Find a line which DOESN'T mean "be used to smth"<br>a. <input type="radio"/> be accustomed to smth<br>b. <input type="radio"/> be ready to smth<br>c. <input type="radio"/> be okay with smth<br>d. <input type="radio"/> be familiar with smth        | 2. Peter, you are 16! It's time to _____ all these old toys in your room.<br>a. <input type="radio"/> get rid<br>b. <input type="radio"/> go down<br>c. <input type="radio"/> cut down on<br>d. <input type="radio"/> get rid of          | 3. She used _____ hard, but now she works and doesn't have much time for studies.<br>a. <input type="radio"/> to study<br>b. <input type="radio"/> study<br>c. <input type="radio"/> to studying<br>d. <input type="radio"/> studying |
| 4. You have to _____ sugar and bread if you want to lose weight.<br>a. <input type="radio"/> cut down off<br>b. <input type="radio"/> cut down on<br>c. <input type="radio"/> cut down<br>d. <input type="radio"/> cut down of                            | 5. Alex _____ in prison for not paying his taxes.<br>a. <input type="radio"/> went down<br>b. <input type="radio"/> came down to<br>c. <input type="radio"/> ended up<br>d. <input type="radio"/> went through                            | 6. I _____ meat, but now I'm a vegetarian.<br>a. <input type="radio"/> used to eat<br>b. <input type="radio"/> used to eating<br>c. <input type="radio"/> was used to eat<br>d. <input type="radio"/> am used to eating               |
| 7. She has a new roommate and she is currently trying to _____ with her.<br>a. <input type="radio"/> be used to live<br>b. <input type="radio"/> get used to living<br>c. <input type="radio"/> get used to live<br>d. <input type="radio"/> used to live | 8. I'm absolutely _____ in Japan, it's not unusual for me anymore.<br>a. <input type="radio"/> get used to living<br>b. <input type="radio"/> used to live<br>c. <input type="radio"/> used to living<br>d. <input type="radio"/> used to | 9. My teacher _____ to give us any homework. Now we get homework every day!<br>a. <input type="radio"/> used<br>b. <input type="radio"/> didn't use<br>c. <input type="radio"/> wasn't used<br>d. <input type="radio"/> didn't used   |
| 10. Customs officers _____ all my bags to check if I've got anything illegal.<br>a. <input type="radio"/> went through<br>b. <input type="radio"/> went down<br>c. <input type="radio"/> added up to<br>d. <input type="radio"/> ended up                 |   |   |

Check Hide answers Reset

Video Script

Question: Has minimalism changed your life?  
Kate: Oh, yes. And I enjoyed it immensely. It made me look at life from a different perspective. I used to go and buy stuff when I was feeling sad. I got so used to it that I thought nothing could lift my spirits besides shopping. I banned shopping as therapy and gave myself a task to work out what I can do for myself in that kind of a situation. I tried out different activities that didn't require my going out and wasting my hard-earned cash on things I didn't really need... For example, before, when I was sad I would just head to the shopping mall and wander aimlessly and buy whatever I felt like buying. I stopped doing that. Now I just go for a walk or read a book or clean the house. Yes, I enjoy cleaning the house. It gives me a sense of order in my life, so that's the first thing I do when I'm feeling down. It helps.  
Stan: Minimalism changed my life in many ways. My home used to be a big mess because there never was enough room for all the stuff I own to fit in. My wife hated it as much as I did, but we never did anything about it. So when we decided to try out minimalism, that was the first thing we did: we went through all our things and donated, recycled, or threw away everything that was broken, obsolete, or not needed anymore. Thus, we got rid of one third of the things we owned. This may sound like a lot of work to do - maybe so scary that you don't even want to attempt it. That's how I felt at first. But I actually ended up enjoying it. It all comes down to this: you don't need things to make you happy, you need things to use them for their intended function. And once you realize that, you start seeing shopping as an activity of getting some things you need, not an activity that just makes you feel better, even if now you're used to seeing it as the latter.

Flashcards

Phrasal Verbs

to be found in a place or a situation that is not expected

Reset Shuffle