

Super English



Intermediate Speaking
Lesson 7

Modern Work & Lifestyle



The Hustle Culture Trap

Read the text and discuss the words in bold.

Some people treat work like a never-ending race, always trying to stay ahead and prove themselves. **Hustle** culture says you should be productive 24/7, which sounds impressive... until you're **running on empty**. Over time, this non-stop grind can **backfire**, leaving people exhausted and questioning if it's really worth it.

1. Do you think hustle culture is motivating or harmful? Why?
2. Have you ever felt pressure to always be productive?
3. What does "success" mean to you personally?



Burnout Is Real (and Not Cute)



Read the text and discuss the words in bold.



Burnout isn't just being tired—it's feeling completely **worn out**, mentally and physically. You lose motivation, even for things you used to enjoy, and everything feels like a **chore**. It often **creeps** up slowly, then suddenly hits hard. By the time you notice, you're already at your limit and wondering how you got there.



1. What are the signs that someone is burned out?
2. Why do people ignore burnout until it gets serious?
3. Have you ever taken a break to recover from stress?

Dialogue 1: Always Busy



Practice the dialogue and answer the question.

Alex: How's work these days?

Jamie: Busy. Always busy. I don't even remember my last day off.

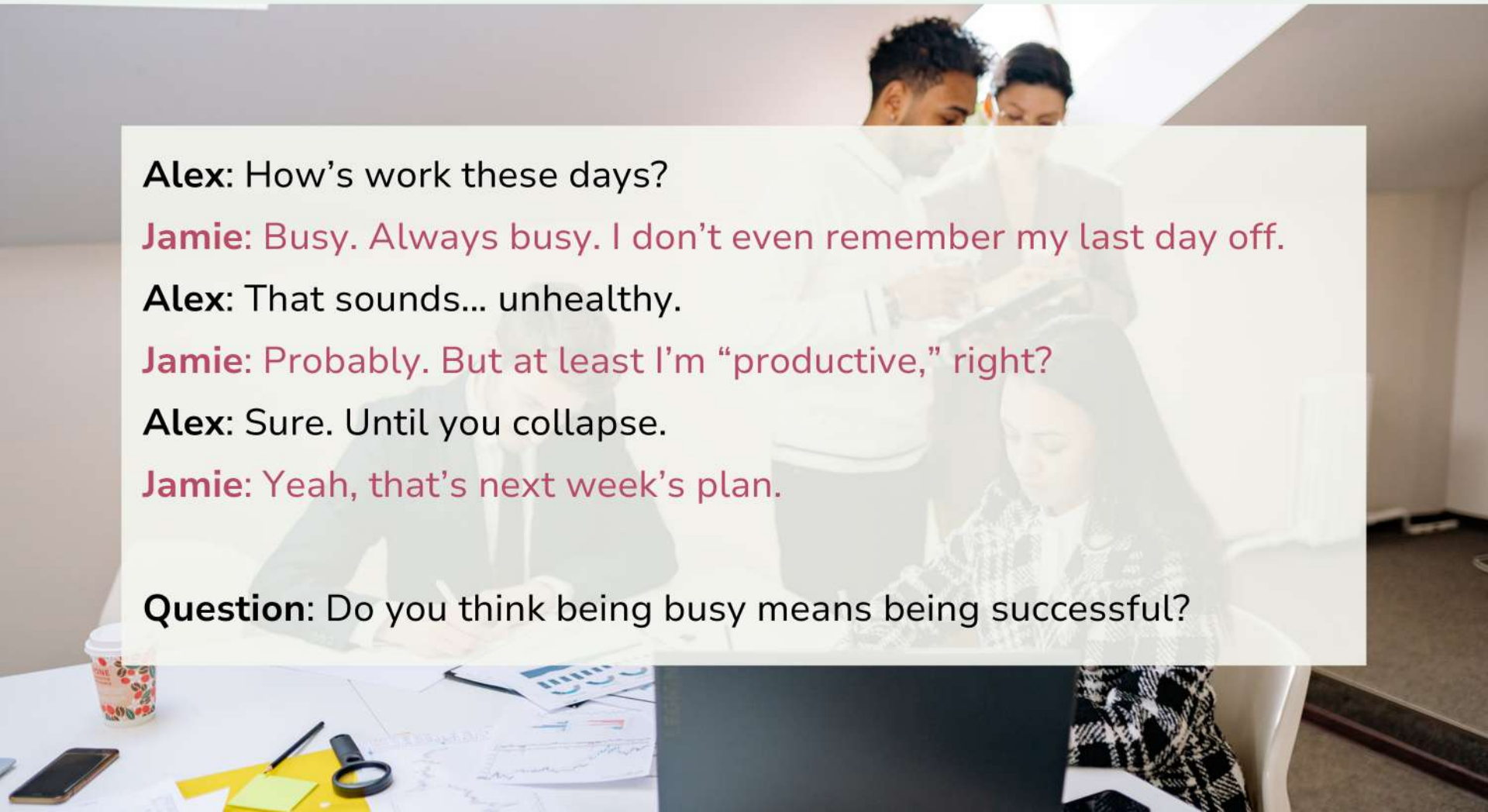
Alex: That sounds... unhealthy.

Jamie: Probably. But at least I'm "productive," right?

Alex: Sure. Until you collapse.

Jamie: Yeah, that's next week's plan.

Question: Do you think being busy means being successful?



Dialogue 2: Work From Home Reality



Practice the dialogue and answer the question.

Chris: Working from home must be amazing.

Taylor: It is... until you realize you never stop working.

Chris: Really? No boss watching you.

Taylor: Yeah, but now I'm my own boss. Even worse.

Chris: So you work more?

Taylor: Way more. In sweatpants, though.

Question: Would you be more or less productive working from home?

Would You Rather?



Tell your teacher what you'd rather do and why.



Would you rather finish work early every day or take one long break in the middle of the day?



Would you rather have a 4-day work week or keep 5 days but work fewer hours each day?



Would you rather be busy all day but feel productive, or do very little but feel completely bored?



See you next time!

