

Mad rush to save time

a mad rush – сумасшедшая гонка = “hurry sickness”

challenge - вызов

to rush sb – торопить кого-нить (Don't rush me!)

to be in a hurry – торопиться

pace of life – ритм жизни

I have little time – у меня мало времени

I have a lack of time/ I'm pushed for time/ I am pressed for time – не хватает времени (времени в обрез и тп)

to fall behind with sth – не успевать что-то сделать (I fell behind with my project)

to be behind the schedule – отстать от графика

to meet the deadline – выполнить работу в срок

to slow down (a process) – тормозить (процесс)

to speed up (a process) – ускорять (процесс)

to save time – экономить время

to manage everything – справляться со всем

to sign up for courses – записываться на курсы

to fit more and more into the day – впихивать больше и больше вещей в один день

activity – занятие

to give up doing sth - бросить

to suffer from stress – страдать от стресса

to have lack of sleep/ rest – недостаточно сна/отдыха

to work 24/7

to work around the clock

to reach the top (in one's career) – достигнуть вершины (в своей карьере)

to look forward to - с нетерпением ждать чего-то

to take the step forward – сделать шаг вперед

Useful adjectives (прилагательные)

to be competitive – быть конкурентно-способным (I want to be competitive at the market)

a person: *hard-working, ambitious, energetic, impulsive, helpful, successful*

life/work: *challenging, creative, demanding, hard, successful*

to be exhausted/ drained – быть измученным, высушенным

to be excited about sth – находиться в приятном волнении в ожидании чего-то

Questions for discussion

Can you manage everything you want?

Do you feel exhausted after a long working day? How often per week?

Do you try to sign up for more and more activities?

Are you looking forward to every holiday you have?

Do you prefer a crazy or a slow pace of life? And what would you prefer in 15 years?

How often are you in a hurry?

Do you hate it, when somebody is late?

Do you wish to have 48 hours a day or would you rather work less and rest more?

Have you ever been behind the schedule with your work /project? How often do you meet the deadline?

How competitive are you?