

RIPPLE ENGLISH

ACTIVE LEARNING PROGRAM

Workbook for:
“Your Habits Make Who You Are”

問題は解きっぱなしにしないで！

英語資格試験の学習は、**解いた後の復習をしなければほとんど効果はありません。**

答え合わせをしておしまいせず、**テキストの音読練習やリスニング、多読学習などのインプット学習を何度も反復して記憶に定着させましょう。**ホームページからダウンロードできる音読練習用のテキストをぜひご活用ください。

また、数日置いてから再度解き直すのも効果的です。答えを記憶してしまっているかもしれませんが、**回答の根拠をなぞりながら繰り返し解くことで有効な復習になります！**



Your Habits Make Who You Are

1. Habit is second nature. Many successful people attribute their achievements to their habits rather than their talents. Habits are actions that we take regularly without any thought. A British best-selling writer and journalist Oliver Burkeman said that **the problem is not that we don't feel motivated; the real problem is that we imagine we need to feel motivated.** Successful individuals consistently carry out their daily rituals, regardless of whether they feel motivated or not. For example, when Haruki Murakami is writing a novel, he keeps a regular routine every day without variation. He wakes up at 4:00 A.M. and works for five to six hours straight. In the afternoons he runs or swims, reads books, and listens to music. He then goes to bed at 9:00 P.M. He consistently maintains this habit without any exceptions. Developing and maintaining habits can be immensely beneficial in achieving various goals, whether it is professional success, language acquisition, or losing weight. Why are having habits so powerful? How can we turn things we want to do into habits?
2. Which do you think is easier, running twice a week or running everyday? Many people intuitively believe the former is easier, but it may be wrong. When you decide to run twice a week, this is what you will be thinking: "Was today the day for my run? When was the last time that I went running?" or "I don't feel like exercising today, so I will make it up tomorrow." By contrast, people who have made exercise a daily habit can avoid the question of whether or not they feel like doing it. It's already been decided to do it everyday, so they can carry it out immediately without hesitation. In other words, having a habit means that you don't even have to fight with temptations. People with seemingly strong willpower are not even tempted in the first place. On the other hand, people without rituals suffer a severe disadvantage. Every time they think of going for a run, they have to employ their willpower to suppress their unmotivated selves. They are constantly having unnecessary fights with themselves, so they end up spending a large amount of time and energy in deciding and regretting something. Leo Tolstoy wrote in his diary when he was working on his masterpiece War and Peace, "I must write each day without fail, not so much for the success of the work, as in order not to get out of my routine."

- (1) Which of the following text best expresses the essential message in the highlighted sentence?

“the problem is not that we don't feel motivated; the real problem is that we imagine we need to feel motivated”

- A. We need to learn how to better motivate ourselves.
 - B. We should not depend on motivation for doing something.
 - C. Many people suffer from motivation deficiency.
 - D. Motivation arises from our imagination.
- (2) According to paragraph 2, why is running everyday easier than running twice a week?
 - A. Running everyday allows for better self-discipline and willpower, making it easier to maintain the routine.
 - B. Running everyday requires more effort and dedication compared to running twice a week, making it more challenging.
 - C. Running everyday help us build our self-esteem, making us more confident to maintain the habit.
 - D. Running everyday eliminates the need to make decisions and fight temptations, making it easier to stick to the habit.

3. Many people make their new year's resolution. One study shows that these goals only have a 4 percent chance of being established. One of the reasons it's so hard to stick with habits is that we often expect too much of our future selves. We should start with a small objective that even the laziest version of us can maintain. For example, if you want to keep a diary every day, there may be times when you find it troublesome or don't want to think about what to write. However, you can simply write "I don't feel like writing today," and you can at least maintain the habit. If you want to exercise everyday, the goal should be just one push-up everyday, instead of 30 push-ups. When you know you have to do 30 times, you can't help but imagine the muscle pain you have to endure. Naturally you become reluctant to get started. Until it takes root in your routine, the target should be as small as possible. Just one push-up doesn't make any difference? Exactly. However, until the habit becomes deeply ingrained, the initial goal should be to sustain the habit. If you break the habit before it becomes fully established, it is going to be extremely difficult to resume the following day. As long as you manage to keep up the routine, at some point, it will be your default habit and you will find it easier to make a greater effort.
4. It's astonishingly easy to oversleep, but keeping the habit of waking up early is annoyingly difficult. Similarly, eating excessively is far easier than exercising regularly. A common characteristic of things that are difficult to keep up is that the rewards come slowly. If we could lose weight immediately after exercising, it would have been much easier to make it our regular habit. Conversely, if the "likes" on Instagram arrived a month later, there wouldn't be so many people addicted to social media. The rules of the game in our society have changed to not jumping to grab the immediate rewards but instead obtaining the delayed rewards in the future. The problem is that when the reward is a great distance away, we can't get in the mood to do something. For example, it takes at least several months before we can feel the improvement in your English fluency, but the brain prioritizes short-term rewards. We cannot wait. That is why many of us end up opening a social media app instead of an English textbook.

- (3) According to paragraph 3, why is it recommended to start with a small objective when trying to establish a habit of exercising?
- A. Small objectives allow for better muscle development and endurance.
 - B. Small objectives are actually more effective for our fitness.
 - C. Small objectives are more challenging and help build self-discipline.
 - D. Small objectives require less effort and can be helpful to maintain the habit.
- (4) According to paragraph 3, what is the purpose of setting a small initial goal for establishing a habit?
- A. To make a significant difference from the start.
 - B. To overcome muscle pain and endure physical discomfort.
 - C. To ensure the habit becomes deeply ingrained.
 - D. To challenge oneself and build strength gradually.
- (5) According to paragraph 4, many people become addicted to social media because
- A. we can feel approved by others.
 - B. the reward comes straight away.
 - C. it is always accessible through our phones.
 - D. it appeals to our social needs.

5. Therefore, people who are motivated by the sense of growth are most likely to fail. Skills and abilities do not always progress instantly and linearly; sometimes growth **stagnates**, and even seems to decline due to worse conditions. If you depend on the sense of progress as the source of motivation, you will always be swayed by the fluctuating nature of growth. Paradoxically, people with the highest likelihood of success just dispassionately stick to their routines, regardless of whether they feel they are improving or not.
6. The words “routine” and “habit” may imply a lack of thought. Sticking to a rule with no choice seems less creative and less autonomous. But one’s daily routine is actually the result of ingenuity to make the best use of limited resources. We often overestimate the amount of time, attention, and energy at our disposal. Much like your monthly allowance of money, those resources are limited and are consumed by each decision you make. Even tasks like cleaning your email inbox can be cognitively demanding. After making a series of small decisions, you end up with no energy left to make any other important decisions.
7. Having a habit means that we don’t have to waste our resources for making choices and get influenced by moods. As a result, we can spend our resources on what’s crucial for us. Former US President Barak Obama ate the same dinner and wore the same suit everyday because dinner and clothes were far less important than making better political decisions.
8. What matters most in your life? What is the question that you want to address with all that you have? For best-selling writers like Haruki Murakami, the most important question is not "What time should I start writing today?" but rather "What kind of story should I write?" and "How should I express it?" They prioritize building habits to save their attention and energy for what truly matters. Habit is second nature. Creativity and productivity do not only come from our innate talent, but our effort to avoid thinking about less significant things.
- (6) The word “stagnate” in the passage is closest in meaning to
- A. remain unchanged or make little progress
 - B. increase or advance steadily
 - C. accelerate or intensify
 - D. fluctuate or vary significantly
- (7) According to paragraph 5, why are people who are motivated by the sense of growth most likely to fail?
- A. They lack the necessary skills and abilities.
 - B. Their growth always stagnates and declines.
 - C. They are easily swayed by the fluctuating nature of growth.
 - D. They lack convictions.
- (8) According to paragraph 6, why do people often overestimate the amount of time, attention, and energy they have?
- A. They underestimate the cognitive demands of tasks.
 - B. They lack autonomy and creativity.
 - C. They have an unlimited supply of resources.
 - D. They are busy cleaning their email inbox.
- (9) According to paragraph 7, Barak Obama wore the same suite and ate the same dinner everyday because
- A. he was monomaniac.
 - B. he wanted to saved his cognitive resources for more significant matters.
 - C. he didn’t have time to cook dinner or chose clothes by himself.
 - D. he was not interested in outfits and diet.
- (10) Within the whole passage, all of the following were mentioned as the reason for the effectiveness of habits, EXCEPT
- A. we can focus on what matters most to us.
 - B. we can avoid the temptation to slack off.
 - C. sense of growth is unreliable as the source of motivation to take actions.
 - D. Improving skills and abilities requires practicing everyday.

Answers

- (1) B
- (2) D
- (3) D
- (4) C
- (5) B
- (6) A
- (7) C
- (8) A
- (9) B
- (10) D

(1) 下線部の主要なメッセージを伝えているのは選択肢のうちどれか？

“the problem is not that we don’t feel motivated;
the real problem is that we imagine we need to feel motivated”

A. We need to learn how to better motivate ourselves. (自分自身をモチベートする方法を学ぶ必要がある)

B. We should not depend on motivation for doing something. (何かをするためにモチベーションに頼るべきではない)

C. Many people suffer from motivation deficiency. (多くの人はモチベーション不足に苦しんでいる)

D. Motivation arises from our imagination. (モチベーションは想像力から生まれる)

下線部は「問題は、モチベーションを感じる必要があると考えていることだ」とあるので、モチベーションを感じられないと行動できないこと自体を問題視しているので、Bが正解。

(2) 2段落によると、週2回走るより毎日走ることの方が簡単な理由は？

A. Running everyday allows for better self-discipline and willpower, making it easier to maintain the routine. (毎日走ると自己管理や意志力が高まる)

B. Running everyday requires more effort and dedication compared to running twice a week, making it more challenging. (毎日走ると週2回走るよりも多くの努力を必要とするより困難なものである)

C. Running everyday help us build our self-esteem, making us more confident to maintain the habit. (毎日走ると自己肯定感を高め、習慣を維持する自信がつく)

D. Running everyday eliminates the need to make decisions and fight temptations, making it easier to stick to the habit. (毎日走ること意思決定をしたり誘惑と戦ったりする必要がなくなる)

(3) 3段落によると、運動を習慣づけるのに小さなゴールのほうが推奨される理由は？

A. Small objectives allow for better muscle development and endurance. (小さなゴールは筋力や耐久力の発達により有効だから)

B. Small objectives are actually more effective for our fitness. (実は小さなゴールの方が体力向上により有効だから)

C. Small objectives are more challenging and help build self-discipline. (小さなゴールのほうが難しく、自己管理能力を育むのに有効だから)

D. Small objectives require less effort and can be helpful to maintain the habit. (小さなゴールのほうが少ない努力で習慣を維持できるから)

(4) 3段落によると、習慣を築くために最初のゴールを小さく設定する目的は何か？

According to paragraph 3, what is the purpose of setting a small initial goal for establishing a habit?

A. To make a significant difference from the start. (最初から大きな成果を出すため)

B. To overcome muscle pain and endure physical discomfort. (筋肉痛や肉体の苦痛を乗り越えるため)

C. To ensure the habit becomes deeply ingrained. (習慣が深く根付くことを保証するため)

D. To challenge oneself and build strength gradually. (自分自身に挑戦し、徐々に強くなっていくため)

(5) 5段落によると、多くの人がソーシャルメディアに依存する理由は

A. we can feel approved by others. (他者から承認される感覚を味わえる)

B. the reward comes straight away. (報酬がすぐに得られる)

C. it is always accessible through our phones. (スマホで簡単にいつでも手が届く)

D. it appeals to our social needs. (我々の社会的欲求に訴えかけるから)

どれも内容としては間違っていないように思えるが、5段落が述べているのは行動に対する報酬が得られるタイミングの話なので、その文脈に合うBが正解。

(6) 文中の“stagnate (停滞する)”と意味が最も近いのは

A. remain unchanged or make little progress (変わらない、またはほとんど進歩しない)

B. increase or advance steadily (着実に向上する)

C. accelerate or intensify (加速する、増大する)

D. fluctuate or vary significantly (激しく上下・変化する)

(7) 5段落によると、成長している感覚にモチベートされている人が失敗しやすいのはなぜか？

A. They lack the necessary skills and abilities. (必要なスキルや能力を欠いているから)

B. Their growth always stagnates and declines. (成長はつねに停滞したり低下したりするから)

C. They are easily swayed by the fluctuating nature of growth. (成長の変動に簡単に振り回されるから)

D. They lack convictions. (信念が欠けているから)

(8) 6段落によると、人々がしばしば時間や注意力、エネルギーを過大に見積もってしまう理由は

A. They underestimate the cognitive demands of tasks. (タスクの認知的な負荷を小さく見積もっているから)

B. They lack autonomy and creativity. (自律性や創造性に欠けているから)

C. They have an unlimited supply of resources. (無尽蔵のリソースの供給があるから)

D. They are busy cleaning their email inbox. (メールボックスの掃除に忙しいから)

(9) 7段落によると、バラク・オバマが毎日同じスーツを着て同じディナーを食べていた理由は

A. he was monomaniac. (彼には偏執的な傾向があったため)

B. he wanted to saved his cognitive resources for more significant matters. (もっと重要な事柄のために認知リソースを節約するため)

C. he didn’t have time to cook dinner or chose clothes by himself. (自分で料理したり服を選んだりする時間がなかったため)

D. he was not interested in outfits and diet. (服や食べ物に関心がなかったため)

(10) 全文によると、習慣を守ることが有効な理由として述べられていないものは

A. we can focus on what matters most to us. (もっとも重要なことに集中できる。6-8段落の内容。)

B. we can avoid the temptation to slack off. (さぼりたいという誘惑を避けることができる。2段落の内容)

C. sense of growth is unreliable as the source of motivation to take actions. (成長の実感行動のモチベーションとしては当てにならない。4,5段落の内容)

D. Improving skills and abilities requires practicing everyday. (スキルや能力の向上には毎日の練習が必要)

Dも心理だと思われるが、本文中では述べられていない