

Wishes for Wellbeing

Intermediate (B1–B2)



WARM-UP DISCUSSION

Discuss the questions below.

1. If only you ate healthier food, how might you feel?
2. Do you wish you exercised more regularly? Why or why not?
3. If only people got more sleep, what benefits would they experience?
4. Do you wish your lifestyle was less stressful?

I WISH/IF ONLY EXPLANATION

We can use **wish** and **if only** to talk about things we regret or want to be different.

1. Talking about the present (unreal situations):

Use **wish/if only + past simple** to talk about something you would like to be different now.

- *I wish I ate more vegetables.*
- *If only I didn't feel so tired all the time.*

2. Talking about the past (regrets):

Use **wish/if only + past perfect** to express regret about something that happened (or didn't happen) in the past.

- *I wish I had gone to the gym yesterday.*
- *If only I hadn't stayed up so late.*

3. Expressing annoyance:

Use **wish + would/wouldn't** when you're annoyed by a repeated behaviour or something you want to change (but likely won't).

- *I wish my neighbour wouldn't smoke near my window.*
- *I wish people would drink fewer energy drinks.*

EXERCISE 1

Complete the sentences using wish or if only and the correct verb form.

1. I wish I _____ (get) more than five hours of sleep last night.
2. If only I _____ (not/eat) that second slice of cake.
3. I wish I _____ (be) more motivated to exercise.
4. If only my boss _____ (understand) how stressed we are.
5. I wish I _____ (bring) my water bottle to yoga class.
6. If only people _____ (take) mental health more seriously.
7. I wish I _____ (not/skip) breakfast this morning.
8. If only my flatmate _____ (not/leave) junk food everywhere.

EXERCISE 2

Rewrite the following situations using wish or if only.

1. I don't have time to cook healthy meals.
2. I felt really anxious before the appointment.
3. I forgot to take my vitamins today.
4. My partner doesn't support my healthy habits.
5. I didn't go outside at all this weekend.
6. I snack on crisps every night.
7. My back hurts because I sit all day.
8. I never drink enough water.

EXERCISE 3 – EXPRESSING ANNOYANCE

Use wish + would/wouldn't and choose a suitable verb to complete the sentences.

1. I wish people _____ about their miracle diets.
2. I wish my friend _____ sugary snacks all the time.
3. I wish it _____ every time I go for a run.
4. I wish my flatmate _____ all night—I can't sleep!
5. I wish the lift in my building _____ for once.
6. I wish my colleagues _____ their colds to work.

SPEAKING

Discuss the following questions using the structures you have learnt today.

1. What's one health habit you wish you had started earlier in life?
2. Do you ever wish you lived somewhere else for your physical or mental health? Why?
3. If only people focused more on their mental well-being—what difference would it make in society?
4. Is there a wellness trend you wish would disappear forever? Why?
5. Do you wish you had more support from friends or family when it comes to your health?
6. If only you had a free wellness coach for a year, what would you want to focus on?

PERSONAL REFLECTION

Write 3 personal sentences using the structures you have learnt today.

1. A present wish about your health: _____
2. A regret about something health-related in the past: _____
3. An annoyance about someone else's habits: _____