Put the right number in the boxes.

1. the feel-good factor
2. to lounge around
3. to lose track of time
4. to be true to yourself
5. to play to your strengths
6. to have a heart-to heart
7. for its own sake
8. to fly off the handle

because the thing itself is worthwhile (not for any other reason)

the quality in something that makes people feel happy and positive

to suddenly become angry with someone

to have an honest, open chat with someone about feelings

to become unaware of the passing of time

to spend time sitting or lying somewhere and not doing very much

to do things that you know you can do well and to avoid things you are not so good at

to behave in accordance with your beliefs