

Listen to the conversation. Then circle the answer that correctly completes each sentence.

1. Jeff is glad that Gail has
 - a. taken a breather from her hobbies.
 - b. set limits with her personal relationships.
 - c. set aside some down time.
2. Gail decided that she needed to
 - a. set some limits on her work hours.
 - b. take a breather from karate.
 - c. slow down her exercising.
3. After she started karate, Gail was less serious and
 - a. slowed down her exercise routine.
 - b. learned to laugh things off.
 - c. took up another fun hobby.
4. Gail convinced her boss that all the employees needed to _____ in order to do a better job.
 - a. slow down
 - b. take up a hobby
 - c. learn to laugh things off
5. Jeff was surprised to learn that Gail's boss agreed with her idea to set up a break room for employees to
 - a. set limits.
 - b. take up a hobby.
 - c. take a breather.
6. Gail said _____ changed her life.
 - a. setting limits
 - b. slowing down
 - c. taking up a hobby