

Listen and match the headings with the activity

1 Follow Your Passions

2 Stay Active

3 Be Creative

4 Keep Your Mind Sharp

5 Enjoy Music

6 Relax and Unwind

7 Embrace What You Love

D

A. Attending live concerts

E

B. Writing poetry

C

C. Doing martial arts

F

D. Baking cakes and pastries

G

E. Solving puzzles and brain teasers

H

F. Knitting

I

G. Solving puzzles and brain teasers

Listen and mark the sentences true (T) or false (F)

- The author is passionate about baking cakes and pastries.
- Martial arts is just a form of exercise for the author.
- The author enjoys knitting as a creative activity.
- The author attends live concerts because they find them relaxing.
- Solving puzzles is a hobby the author uses to keep their mind sharp.
- The author believes that an interesting life is only about staying active.
- Baking is the author's favorite way to relax after a busy day.
- The author often spends a lot of time solving puzzles
- Writing poetry helps the author express emotions.
- The author thinks that embracing passions is the key to an interesting life.