

EXERCISE

Exercise 1: Fill-in-the-Blanks

Listen to the podcast and fill in the blanks.

1. Clem likes to spend his free time doing various activities like reading books, going for a walk, or working on _____.
2. Sometimes, Clem feels like he _____ a lot of time on TV or social media.
3. Lisa finds that setting small _____ helps her use her time better.
4. Lisa is learning to cook new recipes and practicing the _____.
5. Clem thinks he could pick up a new _____ or work on a personal project.
6. Lisa believes it's important to find a balance between _____ and being productive.
7. Even a little time spent on something _____ can make a big difference.
8. Clem feels _____ by Lisa's advice and wants to try setting goals for his free time.
9. Spending free time on meaningful activities can make you feel _____.
10. Clem will try to find something that makes him feel _____ during his free time.

Exercise 2: Vocabulary Matching

Match the words from the podcast with their correct meanings.

Word	Meaning
A. Effective	1. A state of having equal amounts or equal importance
B. Balance	2. To regain energy
C. Recharge	3. Having a strong reason or desire to do something
D. Accomplished	4. Producing a desired result
E. Motivated	5. Successful or achieving something

Exercise 3: True or False

Listen to the podcast and decide whether the statements are true or false.

1. Clem spends all of his free time reading books.
2. Lisa thinks setting small goals is a waste of time.
3. Lisa is learning to cook new recipes and play the piano.
4. Clem wants to try setting goals for his free time.
5. Lisa believes that finding a balance between relaxing and productivity is important.