

**Listen to the recording and answer the questions.**

- 1. The man wants to \_\_\_\_\_.**
  - a. join a soccer club
  - b. run a mountain marathon
  - c. try out for the company basketball team.
- 2. The woman is worried that \_\_\_\_\_.**
  - a. her husband's health isn't good.
  - b. her husband is becoming a fitness freak
  - c. the man works too much
- 3. First, the woman suggests that her husband \_\_\_\_\_.**
  - a. start with light workouts
  - b. see a doctor
  - c. visit with a fitness trainer
- 4. Her husband should \_\_\_\_\_.**
  - a. eat less fatty foods.
  - b. eat more protein
  - c. consume less salt
- 5. Why does the man's wife recommend cycling?**
  - a. It is good for improving muscle tone.
  - b. It helps strengthen the heart.
  - c. It helps develop mental toughness.

**Read the below questions and check the correct option.**

- 1. What does the term "leadership development programs" refer to?**
  - a. Training initiatives aimed at improving leaders' skills
  - b. Programs for recruiting new employees
  - c. Workshops for team building
  - d. Social events for networking
- 2. In the context of the text, what does "significant talent gaps" imply?**
  - a. A shortage of qualified leaders in organizations
  - b. An excess of talent in the workforce
  - c. The need for more training sessions
  - d. A surplus of leadership roles available

**3. What does "navigating" mean in the phrase "anticipating and navigating his political, social and economic context"?**

- a. Avoiding difficult situations
- b. Managing and dealing with complexities
- c. Planning social events
- d. Discussing economic theories

**4. What does "distilling" refer to in the sentence about extracting characteristics of leaders?**

- a) Analyzing numbers
- b) Simplifying and clarifying information
- c) Mixing different ideas
- d) Ignoring complex details

**5. What is meant by the phrase "abandon a practice that has made you successful in the past"?**

- a) To continue using proven methods
- b) To stop following familiar routines
- c) To teach others about past successes
- d) To enhance existing practices

**True/False: Read the questions and check T (true) for the true sentences and F (false) for the false sentences.**

1. The speaker believes that success is a permanent state that once achieved, remains forever.

**True      False**

2. The term "mastery" is used to describe a commitment to constant improvement and the pursuit of excellence.

**True      False**

3. The "near win" is described as an unimportant aspect of the creative process.

**True      False**

4. The speaker mentions that Olympic silver medalists tend to feel more frustration compared to bronze medalists.

**True      False**

5. In Navajo culture, craftsmen intentionally include imperfections in their work as a way to signify completion.

**True      False**

**Read the questions and check the correct answer for each question.**

**1. What does the term "deprived" mean in the context of the statement about meals?**

- a. Having an abundance of something
- b. Being prevented from having something needed
- c. Enjoying a luxury
- d. Experiencing a sudden increase

**2. In the phrase "informal requirement to join co-workers," what does "informal requirement" imply?**

- a. A strict rule that must be followed
- b. A social expectation that is not officially mandated
- c. A job obligation with penalties
- d. A personal choice with no consequences

**3. What does the term "self-oriented happiness" imply in the context of the text?**

- a. Happiness derived from community involvement
- b. Happiness focused solely on one's own needs and desires
- c. Happiness achieved through spiritual practices
- d. Happiness that comes from being generous to others

**4. In the phrase "refraining from worldly passion," what does "worldly passion" refer to?**

- a) A strong interest in education and knowledge
- b) Attachments to material possessions and pleasures
- c) A desire for spiritual growth
- d) A commitment to community service

**5. What is suggested by the phrase "turn their back on the world"?**

- a) To engage actively in social issues
- b) To reject or ignore societal norms and values
- c) To embrace a luxurious lifestyle
- d) To seek wealth and power