

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