

You're going to listen to an expert talking about how to live your life more slowly. Look at her five main tips (= good ideas). Guess what the missing words are.

1 Whatever you are doing, just try to _____ and enjoy it.

Example: _____

2 Make a list of three things which are _____ for you.

Example: _____

3 Don't try to do _____ at the same time.

Example: _____

4 Sit down and do _____ for half an hour every day.

Example: _____

5 Be near _____.

Example: _____

2 42))) Listen and check. Then listen again and write one example for each tip.

Are there any tips that you think you might use? Why (not)?