Reading
Striking a Balance

Carefully read the text and match the gaps (1-6) with the correct sentence parts (a-h). There are two extra variants you don't need to use.

In today's fast-paced world, finding a balance between productivity and leisure can be a challenge. On the one hand, it's essential to manage time effectively, be responsible, (1) _____. On the other hand, it's equally crucial to allow for occasional indulgence, relaxation, and what is commonly known as "living it up." Striking the right balance between these two aspects is key to maintaining a healthy and fulfilling lifestyle.

To begin, let's explore the concept of "living it up." It refers to those special moments or experiences (2) _____ into our lives. It can be a weekend getaway, attending a concert, spending quality time with loved ones, or simply engaging in activities that we love. These moments are essential for our overall well-being, (3) _____. However, it's important to enjoy these moments within the boundaries of a routine.

To lead a balanced and fulfilling life, it is crucial to prioritize and plan your daily activities. Start by understanding your priorities and allocating time accordingly. Plan your day or week, ensuring that you (4) _____ , study, and responsibilities. Equally important, allocate time for leisure and enjoyment.

(5) _____ , and unexpected events or opportunities may arise. Embrace flexibility and adaptability to accommodate these changes while still maintaining a sense of balance. Adjust your routine when necessary, ensuring that important tasks are completed, but also making space for moments of relaxation. By being adaptable, (6) _____ while still staying on top of your responsibilities.

A set aside dedicated blocks of time for work;

B and stay focused on important tasks;

C you can seize new opportunities;

D that bring joy, excitement, and a sense of celebration;

E because they provide an escape from the routine;

F and slack off from time to time;

G that welcomes positive vibes;

H recognize that life is dynamic.

LIVEWORKSHEETS