

### Exercise 1- can you remember the missing words in this part of the Ted Talk?



A fourth observation: we need to [ ] balance in a balanced way. A friend came to see me last year – and she doesn't [ ] me telling this story – a friend came to see me last year and said, 'Nigel, I've read your book. And I realize that my life is completely out of balance. It's totally dominated by work. I work ten hours a day; I [ ] two hours a day. All of my relationships have failed. There's nothing in my life apart from my work. So I've decided to [ ] and sort it out. So I joined a gym.' (Laughter) Now I don't mean to [ ], but being a fit ten-hour-a-day office rat isn't more balanced; it's more fit. (Laughter) Lovely though physical exercise may be, there are other parts to life – there's the intellectual side; there's the emotional side; there's the spiritual side. And to be balanced, I believe we have to [ ] to all of those areas – not just do 50 stomach crunches.

### Exercise 2 - Grammar

Complete the conversation between two friends with the correct verb forms. In some cases, both forms are possible.



A: I'm sure my boss is a workaholic.  
B: What makes you say that?  
A: Because he loves <sup>1</sup> \_\_\_\_\_ (get) to the office first and <sup>2</sup> \_\_\_\_\_ (leave) last.  
B: Well, being the boss means <sup>3</sup> \_\_\_\_\_ (keep) an eye on things, doesn't it?  
A: Yes, but last week he stayed late and forgot <sup>4</sup> \_\_\_\_\_ (pick up) his kids from school!  
B: So he's forgetful ...  
A: Yes and he goes on <sup>5</sup> \_\_\_\_\_ (find) things to do in the office even when everything's done.  
B: Hmm. Do you think he loses track of time, then?  
A: Oh definitely. He doesn't stop <sup>6</sup> \_\_\_\_\_ (have) lunch until mid-afternoon.  
B: Perhaps you should try <sup>7</sup> \_\_\_\_\_ (say) something to him.  
A: I'm not sure. Maybe he likes <sup>8</sup> \_\_\_\_\_ (be) that way.

### Exercise 3 - Vocabulary: Leisure and relaxation

Complete the sentences with your own words. Compare with your partner and ask a follow-up question.

- 1 The people I like to spend quality time with are ...
- 2 I try to catch up with friends ...
- 3 For me, switching off from my work/studies is ...
- 4 My ideal place for a change of scene would be ...



### Exercise 4 - Linking expressions

Complete these sentences with the correct linking expression

1. We went out ..... the rain.
2. He passed the test. ...., he didn't get the job.
3. They managed to do it ..... I was not there.
4. ..... I don't agree with him, I think he is honest.
5. We understood him ..... 