Instructions: fill in the blanks to complete the paragraph. Use the words on the box below.

All (of)	Each	Every	Both (of)	No

"_____ morning I wake up with a cup of coffee, then mediate for 10 minutes in the stillness of my living room. I like starting my day with intention, and meditating helps me center my focus on what I want to accomplish in my business, personal life, health, and relationships. I also take time to myself in three ways. The first is through extreme adrenaline sports, either downhill biking or athletic skiing. These require focus and skill in order to be ready for unexpected obstacles, or to control [high] speeds in skiing, and they serve _____ as healthy distractions and physical training. My second hobby is cardio, whether it be cycling with a street bike or ski mountaineering. This is almost like meditating, the body knows what to do and you can replace mind chanting with breathing, relaxation, and pure enjoyment. Lastly, I'm venturing _____ month into a new experience with Reiki yoga, in the hopes of becoming a master. I was recently enlightened following a trip to India. Consequently, _____these activities contribute to setting myself up for success with stress management and increased performance. There is _____ excuse to succeed in life" --*Valeriano Antonioli*

LIVEWORKSHEETS