



## Do you need to slow down?

Take this quiz to find out.

**1**

**When I walk down the street, . . .**

- a** I walk very fast and use the time to make phone calls.
- b** I enjoy the walk and look at the things and people around me.

**2**

**When I go out to lunch with friends, . . .**

- a** I eat quickly so that I can get back to my work.
- b** I eat slowly, and I enjoy the food and conversation.

**3**

**When there's a family event, . . .**

- a** I often have to miss it because I have too much to do.
- b** I try to plan my time well so that I can attend the event.

**4**

**If traffic is heavy and some people are driving a bit recklessly, . . .**

- a** I honk my horn a lot. I get mad easily in bad traffic.
- b** I automatically slow down and try to drive carefully.

**5**

**If I'm waiting at the airport and find out that my flight is delayed, . . .**

- a** I get impatient and complain to the people behind the counter.
- b** I wait patiently. I read something or make a few phone calls.

**6**

**If I'm in a hurry and think people are talking too slowly, . . .**

- a** I sometimes interrupt them to finish their sentences.
- b** I listen quietly and wait for them to finish before I talk.

**7**

**If I play a game or sport with friends, . . .**

- a** I take the game seriously, and I feel very bad if I lose.
- b** I think it's better to win than lose, but I don't feel strongly about it.

**8**

**If I get an assignment with a very tight deadline, . . .**

- a** I get very stressed – I hate it when I don't have time to do a job properly.
- b** I work hard to do the best I can in the time I have.

### Mostly A answers?

It's time to slow down and enjoy life more. Try to plan your time differently. Make more time for family, friends, and fun.

### Mostly B answers?

You're balancing work and play nicely. Just keep the balance right.