

I. Read the text and write the best title (A-J) for each paragraph.

- A. It's so difficult**
- B. Make a difference**
- C. Get creative**
- D. Guard your time**
- E. Do what you want**

- F. Change your life**
- G. Set a date and time.**
- H. Meet like-minded people**
- I. Plan ahead**
- J. Establish your goals.**

1. ____: Studies say that people nowadays have more free time than ever before. Images and information are constantly appearing and disappearing into our brains, so it is not surprise that we sometimes feel down or depressed.
2. ____: Think about what you want to achieve in your free time. Just think about what will make you feel more happy
3. ____: Plan a moment for your free time if you have something more important, do it! but never stop your free time.
4. ____: Prepare all the things you need for your hobby in Advance.
5. ____: Don't permit anything invade your free time. Ignore all things around you and concentrate only in your hobby. Otherwise, you are not going to enjoy your hobby
6. ____: In many free time activities, we take the role of consumer. When we watch TV, play video games or read, Take the role of producer for a change. Try Building a model, write a blog or make an animation film. You will use a different part of your brains and will feel more energized as a result.
7. ____: Many people worry too much about their free time activities. They want to do things that will impress their friends, free time isn't about that. It is about doing an activity you enjoy, so don't permit outside pressures influence your choice.
8. ____: Take the opportunity to expand your social circle. Everyone has different interests, so don't expect your classmates be into the same things you are. Give them a break for a while, Do something different once in a while. Example: join a club and get to know people with the same interests as you. You can never have too many friends!
9. ____: are you helping the community with your hobby? Visit the elderly (old people) or help out in a children's club. Don't like this idea? why not volunteer for a wildlife organization?
10. ____: When you're relaxed and energized, you can think about on your improvements in your life. For

example.... Want to get fit? Learn how to play an instrument? Improve your job prospects? There are plenty of groups, clubs and classes you can join. So, what are you waiting for? Get out there and enjoy yourself!

