

**Listen to the conversation. Then circle the answer that correctly completes each sentence.**

1. Jeff is glad that Gail has
  - a. taken a breather from her hobbies.
  - b. set limits with her personal relationships.
  - c. set aside some down time.
2. Gail decided that she needed to
  - a. set some limits on her work hours.
  - b. take a breather from karate.
  - c. slow down her exercising.
3. After she started karate, Gail was less serious and
  - a. slowed down her exercise routine.
  - b. learned to laugh things off.
  - c. took up another fun hobby.
4. Gail convinced her boss that all the employees needed to \_\_\_\_\_ in order to do a better job.
  - a. slow down
  - b. take up a hobby
  - c. learn to laugh things off
5. Jeff was surprised to learn that Gail's boss agreed with her idea to set up a break room for employees to
  - a. set limits.
  - b. take up a hobby.
  - c. take a breather.
6. Gail said \_\_\_\_\_ changed her life.
  - a. setting limits
  - b. slowing down
  - c. taking up a hobby