




Letting go

gives us freedom, and freedom is
the only condition for happiness.

If, in our heart, we still cling to
anything - anger, anxiety, or
possessions - we cannot

be free.

Thich Nhat Hanh
[T.me/KeepInspiring](https://www.t.me/KeepInspiring)



If someone has offended you,
insulted you, or disappointed you,

let it go!

If you are remembering all the ways
you have been hurt or forgotten, let it go!

Ask yourself, what good does it do
for me to hold on to this?

-Iyanla Vanzant-

AgapeΩ

A variety of native speaker accents may be used in any Listening test including US, British, Australian, New Zealand and Canadian.



A large, stylized yellow double quote icon.

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

MARK TWAIN



FREE TIME SPEAKING CARDS

Gerard
 job: student
 amount of free time:
 about two hours a week
 usually:
 plays basketball
 sometimes:
 goes to the cinema with his friends
 twice a week: goes swimming
 in winter: goes skiing



Lorna
 job: secretary
 amount of free time:
 not too much
 usually:
 plays table tennis
 sometimes:
 watches romcoms
 in the mornings: runs five miles
 in spring: goes hiking



Becky
 job: pupil
 amount of free time:
 enough
 every day:
 goes to dance lesson
 usually: plays with his friends
 once a week: has a piano lesson
 in the evenings: reads a book



Paul
 job: retired
 amount of free time:
 a lot
 in the mornings: cooks
 every afternoon:
 works on crossword puzzles
 three times a week:
 meets his friends in a café
 in the evenings:
 walks his dog



Toby
 job: pupil
 amount of free time:
 not enough
 four times a week:
 goes to volleyball training
 at the weekends:
 watches cartoons on TV
 sometimes: plays computer games
 in summer: goes on holiday with his family



Irene
 job: housewife
 amount of free time:
 very little
 every day:
 watches TV
 in the afternoons: relaxes
 once a week: drinks a coffee with her friends
 at the weekends:
 does the gardening



Felix
 job: student
 amount of free time:
 too much
 always:
 plays computer games
 sometimes:
 reads computer magazines
 in the evenings: plays multiplayer games
 with his friends



Nora
 job: teacher
 amount of free time:
 not enough
 in the mornings:
 listens to music
 every day: practises the guitar
 twice a week: goes jogging
 at the weekends:
 goes window-shopping
 with her daughter



You
 job:
 amount of free time:
 every day:
 usually:
 once/twice/three times... a week:
 in the evenings:
 at the weekends:
 in spring/summer/winter/autumn:

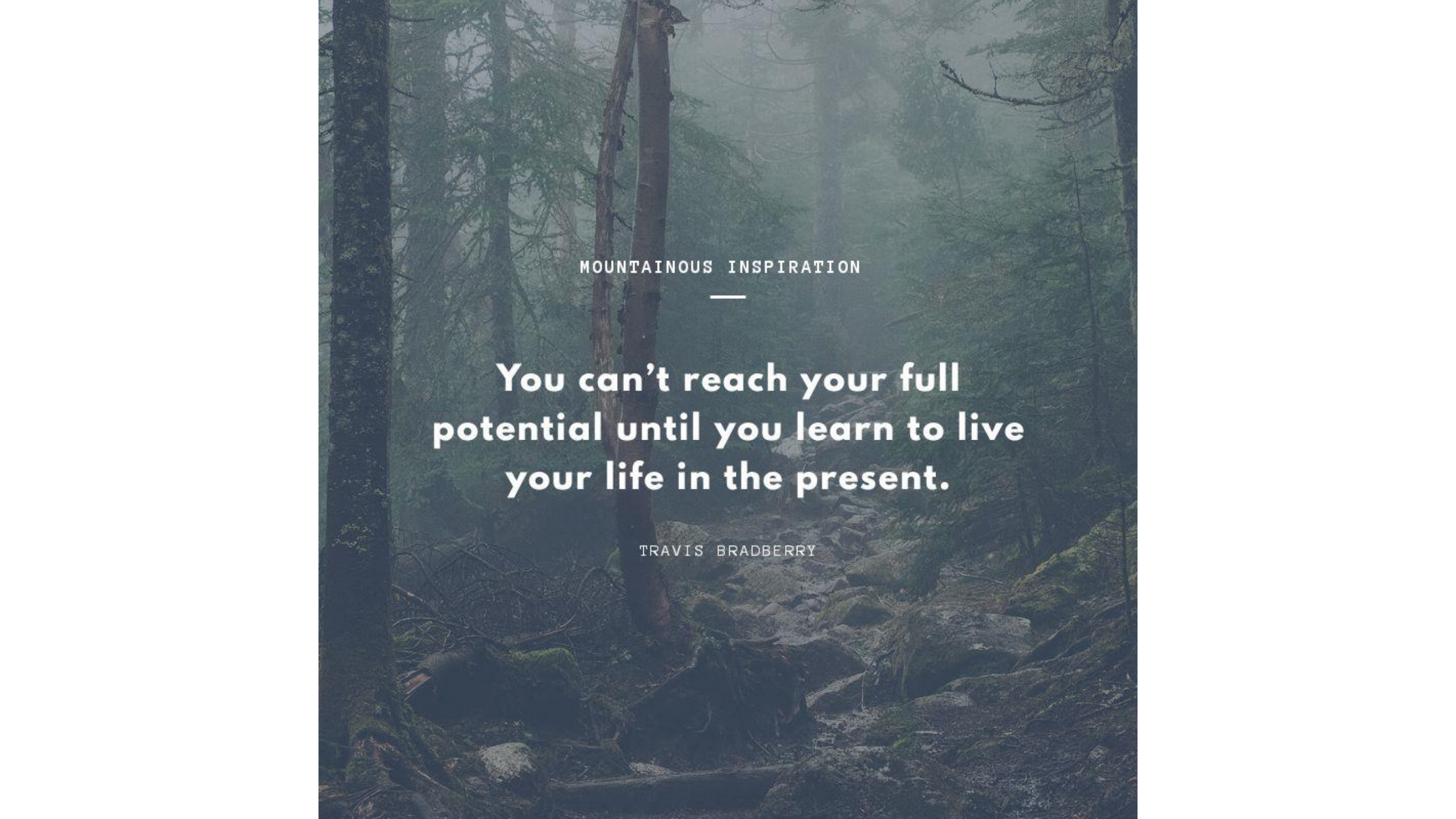




The person who invented Homework was an Italian teacher named Roberto Nevilis. He invented Homework in 1905 as a punishment for his students.



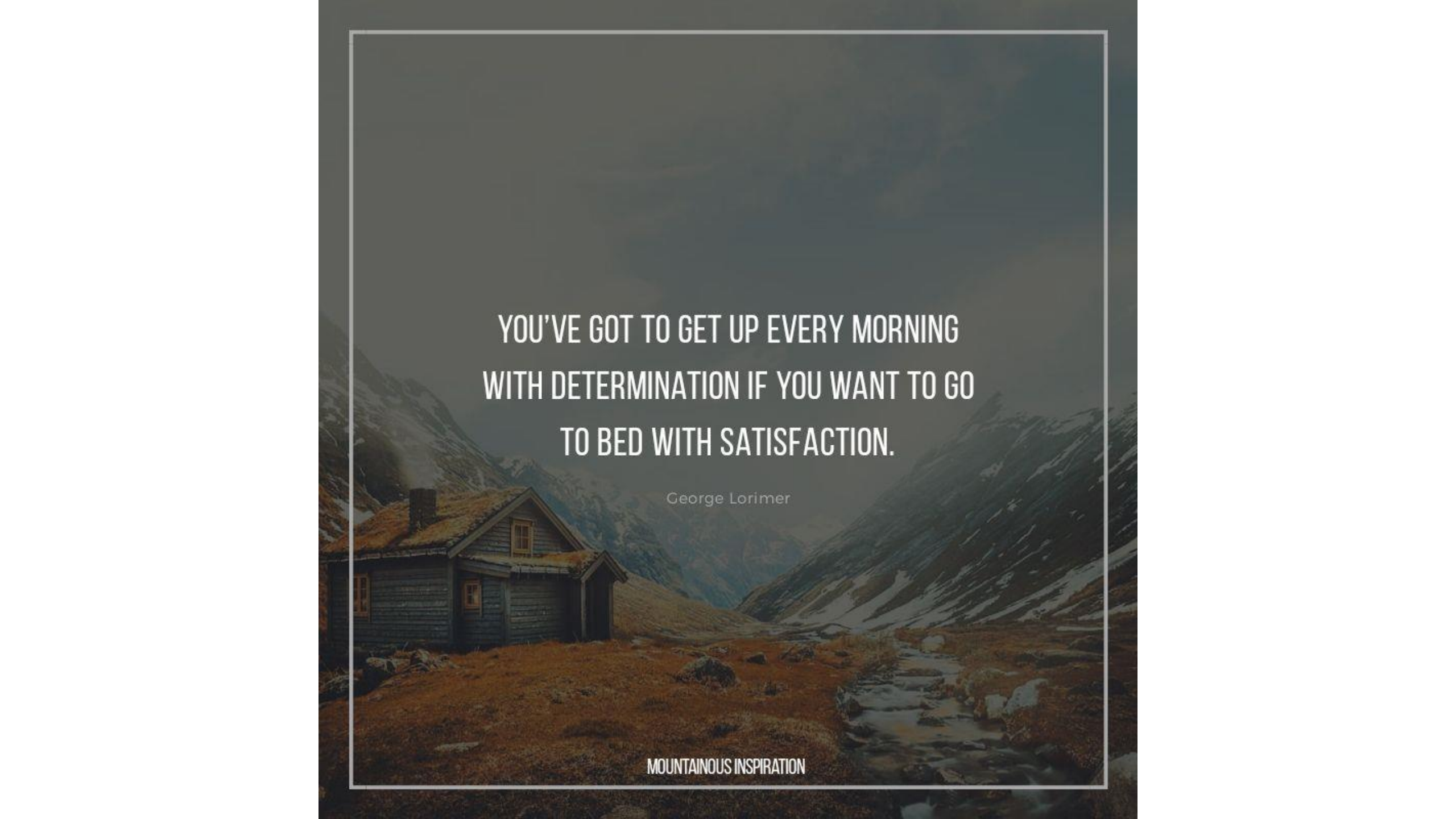
Have a
blessed &
beautiful
Sunday.

A misty forest scene with tall trees and a rocky path. The text is overlaid on the center of the image.

MOUNTAINOUS INSPIRATION

**You can't reach your full
potential until you learn to live
your life in the present.**

TRAVIS BRADBERRY

A rustic wooden cabin with a gabled roof and a chimney, situated in a mountain valley. The cabin is surrounded by a stream and snow-capped peaks in the background. The scene is captured in a dark, moody tone with a white border.

YOU'VE GOT TO GET UP EVERY MORNING
WITH DETERMINATION IF YOU WANT TO GO
TO BED WITH SATISFACTION.

George Lorimer

MOUNTAINOUS INSPIRATION

Rivers

**never go reverse.
So try to live like
a river. Forget your
past and focus on
your future.**

Always be positive!

