

# Practice Test 11

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## Listening Comprehension and Summary:

Please listen carefully and summarize the following passage.

Bob was 35 years old, depressed, unhealthy and spent the most of his weekdays working in a dead end job punching data into a computer. However, Bob discovered a keystone habit, which creates a chain reaction of changes in our daily routine, and now he is happy, confident, healthy, and has his own on-line business. His keystone habit was waking up at 5 am every day. Waking up early gave him time to exercise in the morning, which led to a healthier eating habit. Being healthier gave him confidence and more energy throughout the day and his mind became sharper and the chain reaction continued. Now, Bob has an annual income of \$200,000 while only working about 20 hours a week.

## Discussion Questions:

*Please answer the following questions.*

1. Describe a good or a bad habit you have.
2. What do you miss the most about your childhood?
3. What are the pros and cons of having your own business?

## Picture Description:

*Which do you prefer?*



# Practice Test 11 Answers

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## Summary

Bob was in the middle of his life and hated his job but discovered a keystone habit and made some changes in his daily routine. He became happier and healthier and started his own online business. He started waking up at 5 AM everyday and gave him the opportunity to exercise in the mornings. This has led to his income growing to more than \$200,000 with minimal working hours. He is training to climb Mt. Everest next year.

## Discussion Questions

1. A good habit I have is that I eat a lot of vegetables. Although I didn't like eating vegetables for most of my life, my doctor said that eating vegetables would help me overcome obesity and other health risks. I also think that eating vegetables is better than the greasy foods I ate before. Vegetables also have more of the nutrients that we need to focus better and feel great throughout the day.

1. A bad habit I have is drinking too often. Whenever there is a company gathering after work, we always drink. Although I really enjoy the drinking atmosphere, I feel horrible the next morning. I also think that the conversations we have over drinks are forgotten by the next morning. If I could change our company dinners to exclude drinking, it would be less fun but better for the next day.

2. What I miss the most about my childhood is feeling fascinated with new things. I remember when my parents would take me to an amusement park that I had never been to and I would feel so excited to go there. Another thing I miss is waking up on Saturdays and knowing that I didn't have to go to school until 2 days later. I would play outside with my friends and go to the park where we rode our bikes everywhere until the sun went down. The last thing I miss about childhood is the carefree spirit I had. I didn't have to worry about money or think about supporting anyone else. That was a good time.

3. Owning your own business has many pros and cons. An advantage is that all of your efforts will contribute to your earnings. Another advantage is that you can decide what you want to give to customers and you are the boss. A disadvantage is that you will probably work long hours. The more time you spend working, the better the chances of making more money. Another disadvantage is that it is difficult to find workers that you can trust. There is always the employee-owner mentality that comes with owning your own business.

## Picture Description

I think golf is the most interesting of these activities because it can be enjoyed throughout the year and at any age. It isn't a very physical sport so it can be played with many different kinds of people of various backgrounds. It is also very good for building business relationships.

I think tennis is the most interesting of these activities because it is a classy sport. Wherever you travel to, tennis is always available and it can be played with many kinds of people. I consider tennis to be a fashionable sport that includes both finesse and physical prowess.