



EXERCISE 20 SOLUTIONS



Please fill the gaps using these words and phrases:

“obsessed with, rat race, strive for, unsustainable, burn yourself out, break free, fulfillment, put it, a paradigm shift, remarkable.”

1. He longed to **break free** from routines that no longer inspired him.
2. True **fulfillment** comes from aligning your actions with your values.
3. “How was your meeting? “A bit surreal, if you let me **put it** this way”.
4. She stepped away from the corporate **rat race** in search of a slower, more intentional life.
5. The pace of constant growth proved **unsustainable** in the long term.
6. If you never rest, you’ll eventually **burn yourself out**.
7. Remote work represents **a paradigm shift** in how we define productivity.
8. Her recovery was **remarkable**, defying initial expectations.
9. He became **obsessed with** success, often at the expense of his personal life.
10. Many people **strive for** perfection without considering the cost.