

## 2022甘肃高一上学期人教版高中英语期末考试

1.

Do you ever find yourself longing for (渴望) some time for yourself? Many of us are so busy with work and school and there is little time left to do something that we enjoy. What follows are some ways to find to slow down and enjoy life.

1. Evenings with Yourself. Try to save certain weeknights just for you. If others ask you to do something else, just tell them your plans.
2. Monthly Treat. Schedule a treat for yourself once a month. Maybe you can go to see a movie, have a haircut, play golf or whatever treat you're always thinking about but rarely get to.
3. Buy Tickets in Advance. Sports, theater, concerts or any other event you would enjoy. Having the tickets already in hand will force you to make it happen!
4. Join a Group. Here are some ideas of groups that can allow you some time away from work and study: singing group, book club, ski club, etc.
5. Exercise. For busy people it can be difficult to make time for this. All you have to do is decide today and then make it a reality tomorrow. A new habit is started with just one step. Take that first step tomorrow. Walk for 20 minutes in the morning. And then build on that success daily.

21. What are the main reasons why people have almost no time for relaxation(放松) ?

- A. Because people are eager to achieve success in life.
- B. Because people are busy with their jobs and study.
- C. Because people find it difficult to make their dreams come true.
- D. Because people are too tired of life.

22. According to the passage, which of the following can NOT help you enjoy life?

- A. Do some exercise regularly, at least start to do some exercise.
- B. Take part in some groups or build up a circle of your own.
- C. Schedule certain evenings for yourself and enjoy them.
- D. Stay late at your office.

23. According to the author, what is the most important step for an extremely busy man to do some exercise?

- A. Buying some sports equipment.      B. Deciding today and then make it a reality tomorrow
- C. Making a long-term plan.              D. Joining a health club.