**Home task 3.**

1. Read the theory [here.](https://www.englishclub.com/grammar/adverbs-frequency.htm)
2. Do the tasks below:

[Online Exercise 1](https://www.englishclub.com/grammar/adverbs-frequency_quiz.htm)

[Online Exercise 2](http://speakspeak.com/english-grammar-exercises/intermediate/position-of-adverbs-frequency)

1. Watch the video [here.](https://drive.google.com/file/d/12dhwbqblEm-Pzuzs0neYDqUtqVnm0mMI/view?usp=sharing) Write down 6 tips Kevin gives to Janet on work-life balance.

Plane activity with family (dinner night, soft pool games)

Don’ waste time on media websites, to make personal calls in work time

Save time, use job services (drycleaner)

Regularly workouts, concentrate in work, energy level

1. Write about **YOUR** work-life balance. Use **the ideas from the video** and **adverbs of frequency** to do so.

Question about my work-life balance is a bit complicated. On the one side – work time is the big part of our life. But you life not for work, you work for life. And you should find time for life outside work. For good work-life balance you should have two ways.

Firstly – you should make your work better and faster. You should learn for have good qualification. Sometimes you should make your work more intensive than usually. And rarely waste time to social networks and sites, for personal calling. But you can’t not answer, when your child or parents call. You should find balance in this.

Secondly – You should have activity outside the work. You should have different hobbies, have time for your family, for your children. Good idea is traveling with all family. Sometimes you can make party with children or friends. Or you have common activity (running every morning, swimming or gardening or building). When I built my house, my son regularly went with me to building. Before finishing building all my family frequently went. Time with your family is the best time on your life.

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