# REVIEW

## 1 Choose the correct word to complete the sentences.

1 To be successful you often need to overcome ..... .
A goals C motivation
B setbacks D deadlines

2 It's important to try and ..... your potential.
A succeed C fulfil
B aim D commit

3 In order to achieve things you need to ..... yourself goals.
A set C make
B find D expect

4 To perform well in sports you need to be able to cope ..... pressure.
A in C for
B on D with

5 You should always try to focus ..... achieving your goals.
A with C on
B to D in

6 Listen to good advice if you want to succeed ..... life.
A in C for
B on D with

## 2 Correct the mistakes with the verb forms.

1 If I met Usain Bolt, I take a photograph of him.
2 We can get tickets for the match if we would book them today.
3 If you will practise harder, you could be a good player.
4 If you helped me more, I didn't have so many problems.
5 He can become world champion if he'd had a different coach.
6 He might have decided to join another team if the club wouldn't have offered him so much money.
7 She didn't become a world champion if she hadn't taken her trainer's advice.
8 They would have travelled to South Africa to see the final if they could afford it.

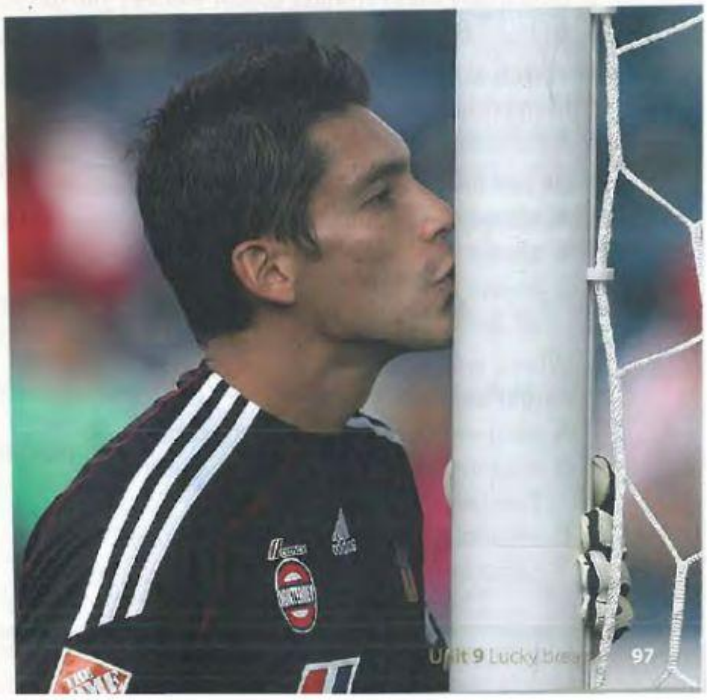
## 3 Use the word given in capitals at the end of some lines to form a word that fits in the space in the same line. There is an example at the beginning (0).

**Imagine your success**

Mental imagery is a technique which is often used by athletes to help improve their **(0)** *performance* but it can be used by anyone who may be worried about situations like giving a **(1)** ..... or having a job interview. It helps with any event which makes you feel **(2)** ..... or nervous. — PERFORM / PRESENT / COMFORT

This is how it works. Start your mental imagery training by imagining that you find the activity **(3)** ..... and are satisfied with your skills. Then practise doing the activity in your mind as **(4)** ..... as possible. See, feel and experience yourself doing the activity **(5)** ....., in the way you would like to do it in real life. This kind of mental **(6)** ..... is just as important as making sure you are fit in other ways for the task ahead. Many people find it very **(7)** ..... to use their imagination in this way before going to sleep at night. — ENJOY / PRECISE / SUCCESS / PREPARE / HELP

Just before the event itself, spend some time alone going through your positive mental images. You may be surprised at what a **(8)** ..... difference this simple technique can make to your confidence. — DRAMA





LIVEWORKSHEETS