

Date: _____

Name: _____ Course: _____

Vocabulary: GOALS and ACHIEVEMENT

1. Read the first sentences. Then complete the second sentences so they have the same meaning.

commitment	deal with	faced	goals	performance
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- a) Dana worked hard to accomplish all the things she wanted to do.
She worked hard to reach her _____.
- b) Franco was happy with the way he played the saxophone at the concert.
He was happy with his _____ at the concert.
- c) I didn't back down from my fear of speaking and gave a great presentation.
I _____ my fear of speaking and gave a great presentation.
- d) Taking a long, relaxing walk can help you handle stress.
Taking a long, relaxing walk can help you _____.
- e) My brother promised to help me learn to drive.
He made a _____ to help me learn to drive.

2. Select the steps to achieve the goal

  Be a football player  	  Be a good chef  
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3.

4. Choose a goal. Describe the steps you need to take to achieve it.

My goal is _____. To achieve my goal, I must:

- _____
- _____
- _____
- _____
- _____

You will set or get better if you practice. Track your progress – check what you still have to do. Finally, reach your goal. You do it. DON'T GIVE UP.