MAKE YOUR BED AND CHANGE THE WORLD!

Do you want to change your life and change the world to make it a better place? William McRaven is an admiral in the United States Navy and he has some good ideas about how to do this. He says don't be afraid to try new and difficult things. Also, he says never to give up, never quit when something is difficult. Many people agree that these are very good ideas.

But, Admiral McRaven also has another idea.

His idea is very different. He says that you must make your bed every morning to change the world. He gives two reasons for this. First, after you make your bed you will want to do more work, and then more work and then more work. This is important because you must do lots of work when you want to change the world. Second, sometimes work or school is not easy and you will feel bad – but when you come home and see a beautiful bed, you will feel happy. Then, when you are happy, you will not be afraid to try difficult things tomorrow.

Tomorrow, you will go back to work or school and feel great.

Make your bed every day, says Admiral McRaven, and you can change your life and change the world!



LIVEWORKSHEETS

- Match the words on the left with the meanings on the right.

1. change (v.)	A. why something happens
2. admiral	B. to stop doing something difficult
3. navy	C. boats and ships that protect a country
4. difficult	D. to think another person has a good idea
5. give up (v.)	E. to make something become different
6. agree (v.)	F. a high rank or position in the navy
7. make your bed (v.)	G. not easy
8. reason	H. to make your bed look nice

Use the above words to complete the sentences. Change the forms of verbs and nouns when necessary.

1. I don't think English is _____. I think it is easy!
2. We are losing the basketball game, but I don't want to _____.
3. Jennifer says the new movie is really good. I _____ with her.
4. I want to become a better student. I want to _____ myself.
5. Do you want your bedroom to look nice? Then _____.
6. My father is not a general in the army. He is an _____ in the navy.
7. A: Why is John at home? B: He's sick. A: That's a good _____.
8. Sam is a soldier in the army, but I want to be a sailor in the _____.



LIVEWORKSHEETS