

"If you wanna change the world, make your bed"

William H. McRaven

1. Listen to the first part of McRaven speech and complete the text. (0,44 min)

<https://www.youtube.com/watch?v=sBAqF00gBGk> – William H McRaven – Commencement speech

Tomorrow – every morning – change – sense – little – encourage – first – bed – by chance – reinforce – end
- completed



If you wanna _____¹ the world start off by making your _____². If you make your bed _____³, you will have accomplished the _____⁴ task of the day. It will give you a small _____⁵ of pride and it will _____⁶ you to do another task and another and by the end of the day that one task completed, you have turned into many tasks _____⁷.

Making your bed will also _____⁸ the fact that little things in life matter. And if you can't do the _____⁹ things right, you will never be able to do the big things right. And, if _____¹⁰, you have a miserable day, you will come home to a bed that is made. That YOU made! And a bed made gives you encouragement that _____¹¹ will better.

2. Match the words used below to their definitions.

- a) Make (someone or something) different; alter or modify. _____
- b) To inspire with courage, spirit, or hope. _____
- c) To bring to an end and especially into a perfected state. _____
- d) Casually, accidentally _____
- e) On the day after today _____
- f) Strengthen (an existing feeling, idea, or habit). _____
- g) An awareness or feeling that one is in a specified state. A keen intuitive awareness of or sensitivity to the presence or importance of something. _____
- h) A piece of furniture for sleep or rest, typically a framework with a mattress and coverings.
