

3 Choose the adjective that does NOT fit in each sentence.

- I feel ____ when I walk alone in the street at night.
a uneasy **b** satisfied c anxious
- Anna was ____ when she failed the exam.
a relaxed b afraid c disappointed
- The next time she took the exam, Anna was ____ to pass it.
a determined b relaxed c satisfied
- After spending weeks on their school project, Sue and Cameron were ____ when they finished.
a joyful b satisfied c uneasy
- People gave me lots of different advice about the exam, which made me feel ____.
a stressed b joyful c confused
- James was really ____ when he arrived at the station early and his train had already left.
a miserable b annoyed c satisfied

4 **WORD FRIENDS** Choose the correct option.

- make / get plans
- boost / get a buzz out of something
- boost / change your confidence
- have / change your routine
- give / have an adventure
- give / get something a go
- have / take something on board
- say / give an opinion

5 Complete what the people are saying with the words below.

afraid boosted change determined
disappointed get have made stressed uneasy

1 This year has been so boring. I'm determined to _____ an adventure this summer.

2 Some people _____ a buzz out of walking up mountains, but I'm _____ of heights!

3 Gillian _____ plans for the party weeks ago, so she'll be really _____ if we don't go.

4 Nick felt _____ when meeting new people, but then losing weight _____ his confidence.

5 I don't like it when I have to _____ my routine. It makes me feel _____.

6 Order the letters and complete the words in the sentences.

- Sometimes it's difficult to express yourself clearly in a foreign language. (serpexs)
- Why not c _____ yourself to try something new this week? (gellachen)
- It's important to k _____ yourself and be realistic about what you can achieve. (wonk)
- If you want to do more exercise, you should m _____ yourself wake up early and go to the gym. (keam)
- Don't let miserable people damage your confidence. B _____ yourself and you'll be fine! (eb)
- Try something difficult for a change. You might s _____ yourself and enjoy it! (purssier)

7 Complete the blog post with the words below.

anxious challenged congratulate
determined give make miserable
routine satisfied take

My thirty-day vegan challenge

This month I am getting out of my comfort zone! How? I've 1challenged myself to stop eating any meat or animal products for thirty days. I'm not a vegetarian. In fact, I really like meat, but recently I read about the way many animals are treated and it made me feel really 2 _____. I decided to 3 _____ this on board and 4 _____ a vegan diet a go.

I'm a bit 5 _____ about just eating vegetables and nuts all the time and I'm worried about getting hungry, but I'm 6 _____ to be successful, so I'm going to 7 _____ myself do this for the whole thirty days!

I've just finished my first day and I had lots of fruit for breakfast, and pasta with tomato sauce for lunch. I've changed my 8 _____ because I usually have only a small lunch. The good news is that I felt 9 _____ all afternoon and not hungry at all. In the evening I had a salad with nuts. A positive first day, I think, so time to 10 _____ myself!

Come back tomorrow to read about day 2!