

3. Przeczytaj poniższy tekst, z którego usunięto tytuły akapitów. Do każdego akapitu (1–4) dopasuj właściwy nagłówek (A–E). Jeden z podanych nagłówków nie pasuje do żadnego akapitu.

### HOW TO BE MORE CONFIDENT

1. \_\_\_\_  
Self-confidence is a state of mind that you show through actions. You can become more confident by becoming a person with an aim. Find your passion and confidence will soon come. Self-esteem problems happen because of false illusions that some people are better than others. Reality is that people are just different, not better. Sure, some people are living more comfortably but that's because they worked for it (somehow). The point is that we're all equal and we all have a certain kind of uniqueness to our individual lives and that is what we need to find.

4. \_\_\_\_  
Don't forget that you are the only person with whom you are for 24 hours a day 7 days a week. So you should enjoy being around yourself because you'll be stuck with yourself for the rest of your life. So if you say good things to yourself, your self-confidence will grow and you'll feel better. It is your mind that chooses how you feel, not the society. Self-assurance is the key to your personal success.

- A. Be kind and friendly
- B. Be your own boss
- C. Make others self-confident
- D. Feel special and unique
- E. Make friends with yourself for ever

2. \_\_\_\_

Self-confidence can be found by telling yourself good things: compliment yourself, be productive and make other people's lives better. Being a good person leads to greater self-confidence. The only reason to feel bad is if you're doing something that is 'wrong' or unfair to others. People don't need to 'look' like someone on TV to be beautiful or feel confident. Looks are not important when it comes to things that lead to true happiness and fulfillment.

3. \_\_\_\_

Remember that if you don't take control of your life, then someone else will. Many controlling and selfish people use passive or indecisive individuals who just can't make decisions for themselves. Whenever someone can't make up their mind there's usually someone who will do it for them. Very passive people usually end up unhappy and feel a great discomfort that they can't explain.

### PODPowiedzi

#### Akapit 1.

Co rozumiesz poprzez zwrot *false illusions*? Jak rozumiesz ostatnie zdanie w tym akapicie – o co chodzi w życiu?

#### Akapit 2.

Jakiego rodzaju zachowania autor uważa za korzystne dla poprawy

samopoczucia i opinii o sobie?

#### Akapit 3.

O jakich typach ludzi wspomina autor? Do czego zachęca czytelnika?

#### Akapit 4.

Co w tym kontekście oznacza *24 hours a day 7 days a week*?