

Read the examples and write original sentences using the words in bold to demonstrate their meaning.
Focus on creating sentences that show how the words are used in real-life situations.

1. I recently signed a **lease** for a new apartment in the city.
2. Feeling stuck in my routine, I decided to **shake things up** by taking a spontaneous road trip.
3. The journey through the mountainous terrain was rough, but the scenic views made it worthwhile.
4. Before heading home, I need to run a few **errands**, such as picking up groceries and mailing a package.
5. When telling stories, some people tend to **exaggerate** to make them more interesting.
6. The surfing instructor, known as the "**kahuna**," helped me catch my first wave at the beach.
7. I've always had straight hair, but I'm thinking of getting a **perm** for a change in my look.

Read the text and fill in the gaps with words from the box

errands rough (*2) lease (*2) exaggerated perm shake things up (*2) Kahuna

Once upon a time in a small town, there lived a woman named Emily. Emily had been living in the same apartment for years, and things were getting a bit monotonous. One day, she decided it was time to _____ and give her life a new _____ of excitement.

With a _____ plan in mind, Emily started by running _____ she had been putting off for weeks. As she _____ the importance of each task in her mind, even the mundane felt like a grand adventure. Next on her list was a visit to the hair salon. Feeling a bit daring, she decided to try something new and went for a _____. It was a small change, but it made her feel like a whole new person.

Buoyed by the success of her makeover, Emily decided to take on a bigger challenge. She had always dreamed of learning to surf, so she signed up for lessons at the local beach. The surfing instructor, known as the "_____", taught her the ropes and encouraged her to ride the waves fearlessly. It was a bit _____ at first, but Emily embraced the challenge with enthusiasm.

As Emily continued to _____ a new perspective on life, she discovered the joy of trying new things. The once-dull routine of her days transformed into a series of exciting adventures. Her friends noticed the positive change in her and decided to join her on this journey of exploration.

In the end, Emily's decision to _____ had a ripple effect on her entire community. The once quiet town now buzzed with energy as more people dared to step out of their comfort zones. Emily's story became an inspiration, showing everyone that it's never too late to add a little spice to life and make it an extraordinary adventure.

