

VOCABULARY

Adjectives of emotion | Verbs of success and failure |
Phrasal verbs for achieving goals | Phrases for
achieving goals | Immigration | Personality adjectives

GRAMMAR

Present tenses | Past Simple,
Past Continuous and
Present Perfect

Vocabulary

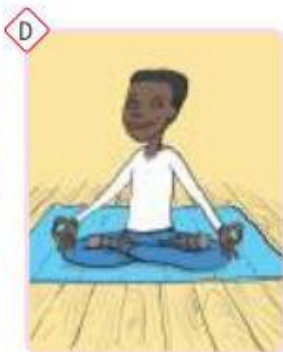
Success, failure and goals

- 1 ● Match the adjectives below with pictures A–F. There are two extra adjectives.

calm cheerful ~~confused~~ delighted exhausted
stressed surprised upset



confused



- 2 ●● How would you feel in each situation? Complete the adjectives of emotion.

- You think you do well in an exam, but then you get a bad mark. *c o n f u s e d*
- You've just received the smartphone you wanted as a present. d _ _ _ g _ t _ _
- You're lying on the beach on holiday. c _ l _
- You're just about to do an important exam. a _ _ i _ _ _
- You have lots of homework to do and don't have much time. s _ _ _ s _ _ d
- Your friend visits you and you weren't expecting it. s _ _ p _ _ s _ _
- You work hard on a project and get a good mark for it. p _ _ _ s _ _
- You've had a really long day at school. e _ h _ _ _ t _ _

- 3 ●● Choose the correct answer.

- I feel ___ after I have a nap.
☒ a calm b stressed c anxious
- Anna was ___ with herself when she failed the exam.
a pleased b calm c disappointed
- Gwen's such a ___ person. She always has a smile on her face.
a cheerful b confused c surprised
- After spending weeks on their project, Ava and Noah were ___ when they finished.
a anxious b pleased c upset
- People gave me lots of different advice about the exam, which made me feel _____.
a delighted b cheerful c confused
- James was really ___ when he had a big argument with his parents.
a calm b upset c exhausted

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

- 1 try / take it easy
- 2 make / do progress
- 3 make / do your best
- 4 put / get things done
- 5 give / get something a go
- 6 make / do decisions
- 7 make / do mistakes
- 8 make / take something seriously
- 9 make / do the most of something
- 10 take / get something right/wrong

5 ●● Complete the sentences with the words below.

achieve aims go improve made making
managed mistakes reach succeed take (x2)

1 Nick won't achieve his goals if he doesn't _____ them seriously.

2 Sometimes it's good to make _____ because you can learn from them and _____.

3 You might not always _____ when you try something new, but it's important to give it a _____.

4 Gillian has _____ a lot of progress at school this year. I'm amazed at what she's _____ to do.

5 I'm terrible at _____ decisions. That's why I never _____ my targets!

6 Our team always _____ to win. That's why we never _____ it easy in training!

6 ● Match the sentence halves.

- 1 ☒ b You can't put your homework
 - 2 ☐ Come on, you can do this. Don't give
 - 3 ☐ Carla's had a great year in Maths. I hope she keeps
 - 4 ☐ If you've got something big to do, try breaking it
 - 5 ☐ That's enough TV for now – it's time to get
 - 6 ☐ That player's brilliant. I just can't work
- a on working like this next year.
b ~~off any longer.~~
c on with your cleaning.
d down into smaller tasks.
e up!
f out how he does it.

7 ●●● Choose the correct option.



My thirty-day vegan challenge

This month I'm getting out of my comfort zone! How? I'm ¹aiming / achieving / failing to stop eating meat and animal products for thirty days. I'm not a vegan. In fact, I really like meat, but recently I read about the way many animals are treated and it made me feel really ²delighted / upset / exhausted. I decided to ³make / get / take this seriously and ⁴give / get / make a vegan diet a go.

I'm a bit ⁵cheerful / anxious / calm about eating plant-based products all the time and I'm worried about getting hungry, but I really don't want to ⁶fail / succeed / reach, so I'm going to ⁷make / get / do my best.

I've just finished my first day and I had lots of grains and nuts with soy milk for breakfast. I've made the ⁸progress / mistake / decision to have a cooked lunch every day now. In the evening, I had a salad with chickpeas and nuts. The good news is that I think I've ⁹got / taken / given things right with what to eat. A positive first day, I think, so I feel ¹⁰stressed / pleased / exhausted with myself!

Come back tomorrow to read about day 2!