

Complete each sentence by filling in the missing words or choosing the correct option to create the full phrase.

- She took advantage of the opportunity and **(capitalised / captured)** the situation.
- You should **(push / pull)** your **(borders / boundaries)** if you want to grow.
- When solving this problem, try to **(think / imagine)** **(outside / beyond)** the box.
- He's always been so good at sports—he's just **(a / the)** **(natural / naturist)**.
- If you want to succeed, you need to **(have / gain)** **(strong / strict)** self-control.
- A good leader knows how to **(build / break)** **(rapport / report)** with the team.
- After years of hard work, she **(accomplished / fulfilled)** her **(dream / desire)** of becoming an actress.
- After a few lessons, I quickly **(picked / took)** the basics.
- I can't explain why, but I **(have / get)** the **(sense / feeling)** that something is wrong.
- The company started to **(go / walk)** **(down / downhill)** after the CEO resigned.
- A small adjustment in your daily routine can **(make / create)** all the **(difference / changes)**.
- Now that we've learned the theory, it's time to **(put / take)** theory into **(action / practice)**.

Complete the sentences below using the appropriate phrase. You may need to change the form of the phrase to fit the sentence.

- She \_\_\_\_\_ when she moved abroad to start her own business.
- If you want to improve, you need to \_\_\_\_\_ and try something new.
- Our company encourages us to \_\_\_\_\_ when developing new products.
- He doesn't need much training; he \_\_\_\_\_ when it comes to sports.
- To stay focused, it's important to \_\_\_\_\_ and avoid distractions.
- A good manager knows how to \_\_\_\_\_ with their employees.
- After years of hard work, she finally \_\_\_\_\_ by becoming a professional dancer.
- It didn't take him long to \_\_\_\_\_ when he started learning the guitar.
- I \_\_\_\_\_ that something isn't right in this situation.
- After the CEO left, the company started to \_\_\_\_\_ and profits fell.
- A small change in your routine can \_\_\_\_\_ in how productive you are.
- At university, we studied many theories, but now it's time to \_\_\_\_\_ in my job.

Choose the adjective that best fits the sentence from the three options.

- Sarah is very \_\_\_\_\_; she always gives great advice.  
a) determined                      b) wise                      c) outgoing
- John is \_\_\_\_\_ dealing with difficult situations; he can handle them calmly.  
a) capable of                      b) hopeless at                      c) open-minded
- Emma is very \_\_\_\_\_; she makes friends easily and loves socializing.  
a) self-confident                      b) outgoing                      c) wise
- My brother is \_\_\_\_\_ fixing computers. He always needs help.  
a) determined                      b) hopeless at                      c) mature
- Kate is \_\_\_\_\_; she doesn't stress out easily and takes life as it comes.  
a) easy-going                      b) self-confident                      c) determined
- Lily is \_\_\_\_\_ trying new things; she loves learning about different cultures and ideas.  
a) capable of                      b) determined                      c) open-minded
- Sam is \_\_\_\_\_ to fulfil his goals; he won't stop until he achieves them.  
a) hopeless at                      b) determined                      c) wise
- Even though he's young, Jack is very \_\_\_\_\_ for his age; he acts responsibly.  
a) mature                      b) outgoing                      c) easy-going
- Jenny is very \_\_\_\_\_; she believes in her abilities and isn't afraid to try new things.  
a) self-confident                      b) easy-going                      c) hopeless at

Read each statement and decide if it is true or false based on the adjective used. Correct the false sentences.

- A self-confident person is afraid to speak in public. **(True / False)**
- Someone who is hopeless at math probably finds math easy. **(True / False)**
- If you are capable of something, it means you don't know how to do it. **(True / False)**
- An outgoing person is very shy and doesn't like meeting new people. **(True / False)**
- Being open-minded means you are willing to consider new ideas. **(True / False)**
- A determined person gives up easily. **(True / False)**
- A wise person is someone who is foolish and makes bad decisions. **(True / False)**
- Easy-going people tend to get stressed out and worried often. **(True / False)**
- A mature person behaves responsibly, no matter their age. **(True / False)**