Listen and do the exercises

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HOW TO SUCCEED

So you want to be successful?

Do you dream of reaching the top? Are you working towards excellence, whether in sport, music or an academic subject? It's hard to achieve success. (1) _____ Here are a few **tips** to help you on your way.

Know your strengths

Work out what your true **talent** is and focus on developing it. (2) _____ The young Albert Einstein struggled to do well in his French exams. Fortunately, he concentrated on his scientific studies and became a Nobel prize-winning physicist.

Who's your role model?

Who do you admire? When you're dreaming of your ultimate goal, think about someone who has achieved something similar. It's important to have a role model – or more than one. (3) _____ Read articles and information about your role model. Note down ways that you can learn from their experience.

Be good to yourself

Don't work too hard! You want to stay **enthusiastic** about your goals. (4) _____ Make time to exercise, eat well and get plenty of sleep. Build these into your daily **routine**, to avoid health problems. Don't forget that stress can lower your energy levels and make you **lose sight of** your aims.

Learn from your mistakes

Every successful person makes mistakes. (5) _____ James Cameron, film-maker and deep-sea explorer, says that **failing** is the key to success. He says that if you don't get the result you want first time, you must not give up. 'It's not a failure!' he explains. 'It's an opportunity to learn.'

Enjoy yourself

Your journey to the top should be fun. Divide your goals into smaller **steps**, and as you reach each milestone, reward yourself. You'll continue working towards your goals if you enjoy what you're doing.

3 Complete the webpage with these sentences.

a Take time to find out how they got to where they are today.

b Recognise signs of tiredness and take a rest.

c If you're getting great marks in science but you're hopeless at art, then don't try to be a painter.

d Don't be disappointed if this happens to you.

e However, if you're determined, you can do it.

4 Find the words in the text and circle the correct meaning.

1 enthusiastic
a keen b sensible

2 tip
a extra money b piece of advice

3 steps
a stairs b stages

4 routine
a schedule b performance

5 goals
a aims b scores

6 fail
a not pass an exam b not do something expected

LIVEWORKSHEETS