making changes

1 A **Choose the correct word to complete the sentences.**

1 I can never say 'no' to chocolate. I just can't _____ it!
a stick **b** set **c** resist

2 Ji is making _____ to eat five portions of vegetables every day.
a a goal **b** an effort **c** an aim

3 She tries to go swimming three times a week, but she doesn't always _____ to do it.
a achieve **b** stick **c** manage

4 Every January I write a list of goals for the year, but I don't always _____ them.
a achieve **b** set **c** stick

5 Samira often _____ off doing tasks she doesn't enjoy and leaves them to the last minute.
a sets **b** puts **c** takes

6 If you want to change a habit, it's important to _____ realistic goals.
a stick **b** put **c** set

B **Complete the sentences with the correct form of the verbs in the box and a preposition.**

give	keep	put	stick	take

1 My tooth really hurts. I can't _____ going to the dentist any longer.

2 Ping has lots more energy since she _____ eating fast food – she only eats healthy food now.

3 I told him I was late and had to leave, but he just _____ talking.

4 Filippo only _____ running last year and he's already run a 50 km race!

5 It's easy to set yourself goals, but it's much harder to _____ them!

C **Read the blog and choose the correct alternative.**

Every year on my birthday, I write a list of things I want to [1]**achieve** / **goal** that year. I usually [2]**set** / **put** myself one main goal, like going to bed earlier or giving up [3]**to drink** / **drinking** coffee.

A few years ago, I decided that I would take [4]**on** / **up** sea swimming. My first swim was at the end of February and the water was freezing! I only managed [5]**to stay** / **staying** in the water for about ten seconds! I didn't want to go back the next day, but I was determined to stick [6]**to** / **of** my plan and kept reminding myself of how good I would feel if I kept [7]**up** / **on** going. Some days, when it was cold, I had to [8]**do** / **make** an effort to get in the water, but I always did it in the end.

LIVEWORKSHEETS