

»» Achievements and challenges

1 Choose the correct option (a, b or c) to complete the sentences.

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|--|---|
| 1 You can't get to the top if you don't take ____ .
a attempts
b risks
c tasks | 5 Why didn't you ____ the offer of a free skydiving course?
a risk
b reach
c take up |
| 2 Nothing beats achieving your ____ .
a fears
b obstacles
c dreams | 6 Just imagine a teenager ____ to circumnavigate the world alone!
a attempting
b taking
c reaching |
| 3 We have to ____ our problems and not run away from them.
a face
b achieve
c reach | 7 Of course you'll ____ difficulties on this trip.
a achieve
b encounter
c fulfil |
| 4 I don't think I ____ my potential as a free diver.
a encountered
b fulfilled
c overcame | 8 Jordan was on top of the world when he ____ the summit.
a overcame
b took up
c reached |

2 Match the sentence halves.

- | | |
|---|--|
| 1 Always check your equipment | a and it worked out well. |
| 2 This is all about | b overcoming difficulties. |
| 3 He did exceptionally well even though he failed this time, so | c risk my life by jumping off a cliff? |
| 4 I took a chance | d rock climbing. |
| 5 She faced her fear of heights and went | e so you won't encounter problems with your ropes on the way down. |
| 6 Do you think I'm going to | f did you have to overcome? |
| 7 If you don't attempt difficult tasks, | g I'm sure he will achieve his goals in the end. |
| 8 What obstacles | h you can't get to the top. |

3- Complete the phrases with the words from the box.

bench - fight - globe - kayaking - routine - shoulder - skyscraper - wave.

1. ride a
2. put up a
3. circumnavigate the.....
4. tap someone on the.....
5. rehearse a new dance.....
6. sit on a
7. abseil down a
8. love going

