Match the words with their definitions

1.	**On track**	a person who others can look up to, or an example for others to follow
2.	**Worsening**	a phrase or saying that is repeated over and over, especially for emotional or spiritual benefit
3.	**Overwhelmed**	to be emotionally available and communicative (to another person)
4.	**Linked to**	progressing as planned or hoped
5.	**Mantra**	to put a name or term on something
6.	**Label**	connected to, potentially the cause of
7.	**Regulate**	becoming more problematic progressively, over time
8.	**Open up (to)**	to control or bring order to something
9.	**Role Model**	inundated, overcome by too much of something

LIVEWORKSHEETS