Unit 5: Vocabulary B1-07

Match the words with their definitions. Write the letter in the box.

A. compete against yourself B. endurance C. endure pain D. milestone E. stunts F. set a record	____ an important or significant event in your life ____ a performance of dangerous-looking acts ____ take part in a contest with yourself in order to become better at something B. the ability to continue or last, despite fatigue, stress ____ suffer patiently without complaint ____ to achieve something no other person or thing has achieved

Fill in the gaps with a word from the box. You only need 5.

1. To _____ means to resist the pain in order to complete a challenge or a goal.
2. She is a good biker. She knows many _____ that amaze people.
3. In order to become a better athlete, you have to _____. In other words, you have to beat yourself and become better every day.
4. One _____ in my life was entering to university. It was so important and significant for me.
5. I want to _____ and be the fastest person to run 100 meters.

G. overcome H. push yourself I. transformed J. lightheaded K. under duress L. primetime M. face a challenge	____ under coercion or pressed to do, under stress ____ the weekday evening hours, thought of as having the largest television audience of the day ____ frivolous; foolish, dizzy G. gain the victory over (someone or something); ____ to try hard in order to do something ____ changed ____ to confront a challenge

6. When I drink alcohol, I feel_____ .
7. Life obstacles can be _____ .
8. _____ and poor circumstances, they were able to make the best choices possible.
9. In _____ there can be 18 minutes or more of advertising per hour.
10. She_____ her life and know she is a new person. She stop smoking and started to exercise. Also, she is more patient.

LIVEWORKSHEETS