

## Goal Setting: Vocabulary Review

### Part 1: Vocabulary Matching

Match the word in the left column with the correct definition from the right column.

- |                  |  |
|------------------|--|
| 1. Reflect       | A. to delay, put off until later         |
| 2. Procrastinate | B. date when something must be finished. |
| 3. Stay on Track | C. a prize that has been earned          |
| 4. Adversity     | D. the attitude held by someone          |
| 5. Deadline      | E. to think deeply or carefully about    |
| 6. Overcome      | F. to succeed in dealing with a problem  |
| 7. Reward        | G. to continue doing the right thing     |
| 8. Mindset       | H. hardship or difficulty                |

### Answers:

- |          |          |          |          |
|----------|----------|----------|----------|
| 1. _____ | 3. _____ | 5. _____ | 7. _____ |
| 2. _____ | 4. _____ | 6. _____ | 8. _____ |

**Part 2: Reading - Sample Sentences:**  
**Practice reading the following sentences out loud.**

The deadline to submit my essay is tomorrow.

I try not to procrastinate when I am assigned homework.

I received a reward for finishing all of my work.

To be successful, you have to have a positive mindset.

I read the article. Then, I reflected on what I read.

I must overcome some challenges to succeed.

It is important to stay on track.

You can overcome adversity with a positive mindset.

**Fill in the blank:**

Use the 8 new vocabulary words you know to complete the sentences below:

1. She should not \_\_\_\_\_. She should do her homework now.
2. He needs to have a plan. It will help him to \_\_\_\_\_.
3. The \_\_\_\_\_ to submit the homework is Friday at 5:00pm.
4. If we work hard, we can \_\_\_\_\_ our problems.
5. You might want to \_\_\_\_\_ yourself for finishing all of your work.
6. You should take a moment to \_\_\_\_\_ when you learn something new.
7. You will experience \_\_\_\_\_ in your life. You must be strong to get through it.
8. A positive \_\_\_\_\_ will help you stay focused.