

1. As you become _____ of procrastinating, you can overcome it, and then turn it _____ execution
2. How you _____ problems that have come your way in the past
3. Get _____ overwhelmed
4. ...of _____ little or no progress
5. I've come _____ with 5 steps
6. You have a recipe for problem-solving that enables you to _____ anything that life throws your way
7. With a _____ attitude
8. If you are struggling, act as though it were _____ to fail
9. A high level of _____ - _____
10. Eliminating a negative attitude about the outcome of your _____
11. Be true to _____
12. The next step is to define the _____ clearly
13. And everyone will have a _____ definition of the _____ problem
14. And then _____ them in the order of importance
15. What is causing me the greatest _____ and anxiety
16. What situations or problems are _____ me unhappy or doubtful
17. You'll be _____ in the way of tackling anything that comes your way
18. Identify all the _____ and possible solutions to the problems you are facing
19. To deal with the same _____ again and again
20. You need to search for the root _____ of the problem

Become aware of smth		Преодолеть проблему
Overcome a problem		Достичь прогресса
Face a problem		Стать осведомленным о чем-то
Tackle a problem		Переволноваться (когда эмоции накрывают с головой)
Find a solution		Справиться с чем-угодно
Get overwhelmed		Придумать решение
Make progress		Найти решение
Come up with a solution		Справиться с проблемой
Handle anything		Преодолеть проблему
attitude		Результат твоей цели
Struggle with		Вызывать стресс
Outcome of your goal		Тревожность
Define the problem		Мучаться с, с трудом справляться с
Cause stress		Отношение (настрой)
Anxiety		Иметь дело с небольшими проблемами
Identify possible solutions		Коренная причина проблемы
Deal with issues		Дать определение проблеме
Root cause of the problem		Найти (=определить) возможные решения

Fill in the gaps in the sentences with the words below. There is one extra word.

Attitude, outcome, come, aware, define, with, struggle, cause,

1. Plan everything very well to receive a positive _____ of your goal.
2. Don't worry. We will _____ up _____ a solution, I promise.
3. In order to solve a problem, we need to _____ it clearly and then the solution will find itself.
4. When you have positive _____, you can handle anything.
5. Problems can _____ stress and anxiety.