

Use of English

Waking Up to Success

Read the text below, choose the correct answer (A, B, C, D)

A consistent morning routine can have a significant influence on your overall well-being and productivity during the day. By following (1) _____ simple steps, you can create a fulfilling morning routine that sets a positive tone for the rest of your day.



First and foremost, aim to wake up (2) _____ a consistent time, even at the weekends. This helps regulate your (3) _____ internal clock and promotes better sleep quality. Allocating (4) _____ for self-care and preparation is crucial, so avoid rushing through your morning by setting your alarm early enough.

Incorporate activities that energize and rejuvenate you. Consider starting your day with exercise, whether it's a brisk walk, yoga, (5) _____ stretching. Engaging in physical activity can boost your mood and increase your energy levels. When talking about your morning, 30% (6) _____ to be dedicated to engaging in (7) _____ beneficial activities.

Avoid the temptation to check your phone or engage with electronic devices immediately. Give (8) _____ some time in the morning to maintain a focused and calm mindset, free from external distractions.

Start your day off right with a well-structured morning routine, and you'll set yourself up for success and a more fulfilling day ahead.

1	A few	B a few	C a little	D little
2	A in	B at	C on	D for
3	A body's	B body	C bodies	D bodies'
4	A any time	B sometimes	C time enough	D enough time
5	A but	B or	C and	D either
6	A are	B have	C has	D must
7	A a	B this	C these	D that
8	A yourself	B oneself	C you	D me