

**3** Choose the adjective that does NOT fit in each sentence.

- I feel \_\_\_\_ when I walk alone in the street at night.  
a uneasy    **b** satisfied    c anxious
- Anna was \_\_\_\_ when she failed the exam.  
a relaxed    b afraid    c disappointed
- The next time she took the exam, Anna was \_\_\_\_ to pass it.  
a determined    b relaxed    c satisfied
- After spending weeks on their school project, Sue and Cameron were \_\_\_\_ when they finished.  
a joyful    b satisfied    c uneasy
- People gave me lots of different advice about the exam, which made me feel \_\_\_\_.  
a stressed    b joyful    c confused
- James was really \_\_\_\_ when he arrived at the station early and his train had already left.  
a miserable    b annoyed    c satisfied

**4** **WORD FRIENDS** Choose the correct option.

- make / get plans
- boost / get a buzz out of something
- boost / change your confidence
- have / change your routine
- give / have an adventure
- give / get something a go
- have / take something on board
- say / give an opinion

**5** Complete what the people are saying with the words below.

afraid    boosted    change    determined  
disappointed    get    have    made    stressed    uneasy

1 This year has been so boring. I'm determined to \_\_\_\_\_ an adventure this summer.

2 Some people \_\_\_\_\_ a buzz out of walking up mountains, but I'm \_\_\_\_\_ of heights!

3 Gillian \_\_\_\_\_ plans for the party weeks ago, so she'll be really \_\_\_\_\_ if we don't go.

4 Nick felt \_\_\_\_\_ when meeting new people, but then losing weight \_\_\_\_\_ his confidence.

5 I don't like it when I have to \_\_\_\_\_ my routine. It makes me feel \_\_\_\_\_.

**6** Order the letters and complete the words in the sentences.

- Sometimes it's difficult to express yourself clearly in a foreign language. (serpexs)
- Why not c \_\_\_\_\_ yourself to try something new this week? (gellachen)
- It's important to k \_\_\_\_\_ yourself and be realistic about what you can achieve. (wonk)
- If you want to do more exercise, you should m \_\_\_\_\_ yourself wake up early and go to the gym. (keam)
- Don't let miserable people damage your confidence. B \_\_\_\_\_ yourself and you'll be fine! (eb)
- Try something difficult for a change. You might s \_\_\_\_\_ yourself and enjoy it! (purssier)

**7** Complete the blog post with the words below.

anxious    challenged    congratulate  
determined    give    make    miserable  
routine    satisfied    take

## My thirty-day vegan challenge

This month I am getting out of my comfort zone! How? I've challenged myself to stop eating any meat or animal products for thirty days. I'm not a vegetarian. In fact, I really like meat, but recently I read about the way many animals are treated and it made me feel really <sup>2</sup> \_\_\_\_\_. I decided to <sup>3</sup> \_\_\_\_\_ this on board and <sup>4</sup> \_\_\_\_\_ a vegan diet a go.

I'm a bit <sup>5</sup> \_\_\_\_\_ about just eating vegetables and nuts all the time and I'm worried about getting hungry, but I'm <sup>6</sup> \_\_\_\_\_ to be successful, so I'm going to <sup>7</sup> \_\_\_\_\_ myself do this for the whole thirty days!

I've just finished my first day and I had lots of fruit for breakfast, and pasta with tomato sauce for lunch. I've changed my <sup>8</sup> \_\_\_\_\_ because I usually have only a small lunch. The good news is that I felt <sup>9</sup> \_\_\_\_\_ all afternoon and not hungry at all. In the evening I had a salad with nuts. A positive first day, I think, so time to <sup>10</sup> \_\_\_\_\_ myself!

Come back tomorrow to read about day 2!