

Challenges And Achievements

1 Can You Fill in the Blanks?

set myself a target, achieve, determination, overcame, fears, tough, overcame my fear, scared, summit, true, determined, challenge

I've always been a very ____ (1) person and when I was 15, I ____ (2) to climb the highest mountain in Britain. A few years later, I achieved that goal and it felt amazing.

However, my biggest ____ (3) came a few years after that when I decided to climb Mount Kilimanjaro. It's the highest mountain in Africa and reaches over 5,000 metres. There were many times on that journey when I wanted to give up but I'm proud to say that I didn't.

____ (4) many barriers, both physical and mental, and managed to reach the ____ (5). It was an incredible feeling and it taught me a lot about myself and what I'm capable of achieving.

Another big challenge for me was learning to swim. When I was a child, I was terrified of the water and couldn't even put my face under it. However, as an adult, I decided that I didn't want to be ____ (6) anymore so I took swimming lessons and slowly but surely, I ____ (7). Last year, I swam a mile across a lake and it was one of the proudest moments of my life.

One of my biggest ambitions is to run a marathon. It's something I've always wanted to do but I know it will be really ____ (8). I think the most difficult part will be training for it because I'll have to get up early every day and run for miles, even when it's cold and raining. However, I'm confident that if I stay focused and keep going, I'll be able to do it. I think the key to reaching any goal is ____ (9). If you really want something, you can't just wait for it to happen, you have to work hard and not give up, no matter how difficult it gets.

My advice to anyone who wants to ____ (10) something big is to take it one step at a time. It might seem impossible at first, but if you break it down into smaller, more manageable tasks, it becomes a lot easier. With determinations, and overcoming your ____ (11), your dreams can come ____ (12).