

Read and decide whether the statements are True (T) or False (F).

1. Sarah wishes she were more disciplined about her health. ____
2. Sarah has no desire to improve her health habits. ____
3. If only Sarah had studied harder, she believes she might have gone to a better university. ____
4. Sarah wishes she hadn't lost contact with her old friends and had called them more often. ____
5. Sarah thinks regrets motivate her to make better choices moving forward. ____



CAN YOU RELATE?



I wish I _____ (be) more disciplined about my health.

1 2 3 4 5

If only I _____ (exercise) regularly and _____ (eat) healthier meals, I wouldn't feel so tired all the time.

1 2 3 4 5

I wish I _____ (study) harder at school.

1 2 3 4 5

If only I _____ (take) my studies seriously, I might have gone to a better university.

1 2 3 4 5

I wish I _____ (be) more proactive about my career.

1 2 3 4 5

If only I _____ (save) money more diligently, I could explore new places and cultures.

1 2 3 4 5

