

### VOCABULARY

Adjectives of emotion | Verbs of success and failure |  
Phrasal verbs for achieving goals | Phrases for  
achieving goals | Immigration | Personality adjectives

### GRAMMAR

Present tenses | Past Simple,  
Past Continuous and  
Present Perfect

## Vocabulary

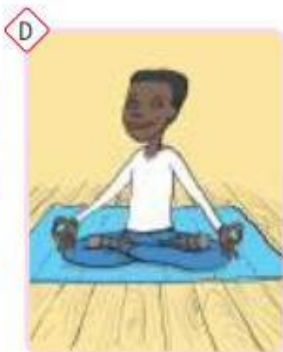
### Success, failure and goals

- 1 ● Match the adjectives below with pictures A–F. There are two extra adjectives.

calm cheerful ~~confused~~ delighted exhausted  
stressed surprised upset



*confused*



- 2 ●● How would you feel in each situation? Complete the adjectives of emotion.

- You think you do well in an exam, but then you get a bad mark. *c o n f u s e d*
- You've just received the smartphone you wanted as a present. d \_ \_ \_ g \_ t \_ \_
- You're lying on the beach on holiday. c \_ l \_
- You're just about to do an important exam. a \_ \_ i \_ \_ \_
- You have lots of homework to do and don't have much time. s \_ \_ \_ s \_ \_ d
- Your friend visits you and you weren't expecting it. s \_ \_ p \_ \_ s \_ \_
- You work hard on a project and get a good mark for it. p \_ \_ \_ s \_ \_
- You've had a really long day at school. e \_ h \_ \_ \_ t \_ \_

- 3 ●● Choose the correct answer.

- I feel \_\_\_ after I have a nap.  
☒ a calm      b stressed      c anxious
- Anna was \_\_\_ with herself when she failed the exam.  
a pleased      b calm      c disappointed
- Gwen's such a \_\_\_ person. She always has a smile on her face.  
a cheerful      b confused      c surprised
- After spending weeks on their project, Ava and Noah were \_\_\_ when they finished.  
a anxious      b pleased      c upset
- People gave me lots of different advice about the exam, which made me feel \_\_\_\_\_.  
a delighted      b cheerful      c confused
- James was really \_\_\_ when he had a big argument with his parents.  
a calm      b upset      c exhausted



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

- 1 try / take it easy
- 2 make / do progress
- 3 make / do your best
- 4 put / get things done
- 5 give / get something a go
- 6 make / do decisions
- 7 make / do mistakes
- 8 make / take something seriously
- 9 make / do the most of something
- 10 take / get something right/wrong

5 ●● Complete the sentences with the words below.

achieve aims go improve made making  
managed mistakes reach succeed take (x2)

1 Nick won't achieve his goals if he doesn't \_\_\_\_\_ them seriously.

2 Sometimes it's good to make \_\_\_\_\_ because you can learn from them and \_\_\_\_\_.

3 You might not always \_\_\_\_\_ when you try something new, but it's important to give it a \_\_\_\_\_.

4 Gillian has \_\_\_\_\_ a lot of progress at school this year. I'm amazed at what she's \_\_\_\_\_ to do.

5 I'm terrible at \_\_\_\_\_ decisions. That's why I never \_\_\_\_\_ my targets!

6 Our team always \_\_\_\_\_ to win. That's why we never \_\_\_\_\_ it easy in training!

6 ● Match the sentence halves.

- 1 ☒ b You can't put your homework
  - 2 ☐ Come on, you can do this. Don't give
  - 3 ☐ Carla's had a great year in Maths. I hope she keeps
  - 4 ☐ If you've got something big to do, try breaking it
  - 5 ☐ That's enough TV for now – it's time to get
  - 6 ☐ That player's brilliant. I just can't work
- a on working like this next year.  
b ~~off any longer.~~  
c on with your cleaning.  
d down into smaller tasks.  
e up!  
f out how he does it.

7 ●●● Choose the correct option.



**My thirty-day vegan challenge**

This month I'm getting out of my comfort zone! How? I'm <sup>1</sup>aiming / achieving / failing to stop eating meat and animal products for thirty days. I'm not a vegan. 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>delighted / upset / exhausted. I decided to <sup>3</sup>make / get / take this seriously and <sup>4</sup>give / get / make a vegan diet a go.

I'm a bit <sup>5</sup>cheerful / anxious / calm about eating plant-based products all the time and I'm worried about getting hungry, but I really don't want to <sup>6</sup>fail / succeed / reach, so I'm going to <sup>7</sup>make / get / do my best.

I've just finished my first day and I had lots of grains and nuts with soy milk for breakfast. I've made the <sup>8</sup>progress / mistake / decision to have a cooked lunch every day now. In the evening, I had a salad with chickpeas and nuts. The good news is that I think I've <sup>9</sup>got / taken / given things right with what to eat. A positive first day, I think, so I feel <sup>10</sup>stressed / pleased / exhausted with myself!

**Come back tomorrow to read about day 2!**