

### VOCABULARY

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

### GRAMMAR

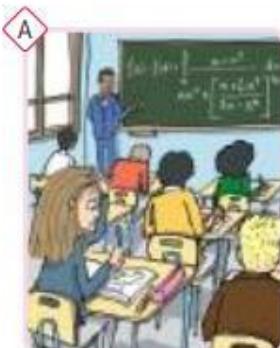
Present tenses | Past Simple,  
Past Continuous and  
Present Perfect

## 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.

- 1 You think you do well in an exam, but then you get a bad mark. *c\_o\_n\_f\_u\_s\_e\_d*
- 2 You've just received the smartphone you wanted as a present. *d\_o\_g\_t*
- 3 You're lying on the beach on holiday. *c\_l\_i*
- 4 You're just about to do an important exam. *a\_i*
- 5 You have lots of homework to do and don't have much time. *s\_u\_s\_d*
- 6 Your friend visits you and you weren't expecting it. *s\_u\_p\_s*
- 7 You work hard on a project and get a good mark for it. *p\_u\_s*
- 8 You've had a really long day at school. *e\_h\_u\_t*

3 ● ● Choose the correct answer.

- 1 I feel \_\_\_ after I have a nap.  
a calm    b stressed    c anxious
- 2 Anna was \_\_\_ with herself when she failed the exam.  
a pleased    b calm    c disappointed
- 3 Gwen's such a \_\_\_ person. She always has a smile on her face.  
a cheerful    b confused    c surprised
- 4 After spending weeks on their project, Ava and Noah were \_\_\_ when they finished.  
a anxious    b pleased    c upset
- 5 People gave me lots of different advice about the exam, which made me feel \_\_\_.  
a delighted    b cheerful    c confused
- 6 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  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!