You can do it!

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

1 1.1 Vocabulary

Success, failure and goals

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

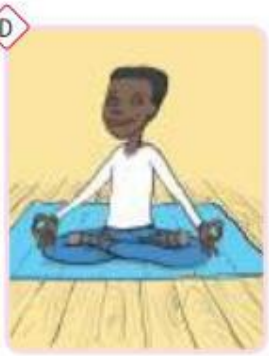
calm cheerful ~~confused~~ delighted exhausted stressed surprised upset

A 

B 

confused

C 

D 

E 

F 

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 nfu s e d*
2 You've just received the smartphone you wanted as a present. d_ _ _ _g_t_ _
3 You're lying on the beach on holiday. c_ _l_ _
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_ _ _ _s_ _ _d
6 Your friend visits you and you weren't expecting it. s_ _ _p_ _ _s_ _ _
7 You work hard on a project and get a good mark for it. p_ _ _ _s_ _ _
8 You've had a really long day at school. e_ _h_ _ _ _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

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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 [1]*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 [2]*delighted* / *upset* / *exhausted*. I decided to [3]*make* / *get* / *take* this seriously and [4]*give* / *get* / *make* a vegan diet a go.

I'm a bit [5]*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 [6]*fail* / *succeed* / *reach*, so I'm going to [7]*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 [8]*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 [9]*got* / *taken* / *given* things right with what to eat. A positive first day, I think, so I feel [10]*stressed* / *pleased* / *exhausted* with myself!

Come back tomorrow to read about day 2!

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