1C Language focus 1 Verb + noun collocations

1 Work in groups and discuss the questions.

- When do people make promises to themselves?
- What kinds of promises are common?
- What do you think makes people more likely to keep them?

2 Choose the correct alternatives to complete the promises.

Promises to myself

1. I'm going to review the notes I *keep/take* in class so that I remember more.
2. I'm going to make *time/hours* for exercise every day.
3. I'm going to *make/do* my bed each morning.
4. I'm going to *take/make* more of an interest in world affairs.
5. I'm going to be more organised so I can *meet/keep* my deadlines.
6. I'm going to *speak/voice* my opinion at work more.
7. I'm not going to *break/lose* the rules any more.
8. I'm going to *take/make* charge of my future more confidently.
9. I'm going to *resolve/remain* a dispute with my neighbour.
10. I'm going to *remain/resolve* calm even when I'm nervous.
11. If something doesn't *make/take* sense to me, I'm going to ask about it.
12. I'm going to be more open to talking to people when waiting in *line/queue*.
13. I'm not going to lose my *anger/temper* at the little things.
14. I'm going to *keep/remain* all my promises!

3 Work in groups and discuss the questions.

- Which of the promises would be the hardest to keep?
- How could you help a friend keep each promise on the list?

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