

SELF-THERAPY

Use the synonyms in the box to complete the sentences

SYNONYMS

famous - regularity - exhausted - integrate - willpower - take on - habits -
conscious - modifications - persist - exchange

Complete the sentences with the correct form of the verbs in brackets.

- 1-** She decided to _____ (adopt) a healthier eating plan after her doctor's advice.

- 2-** The company plans to _____ (incorporate) new technology into its workflow.

- 3-** After a long day at work, he felt completely _____ (fatigued) and needed a break.

- 4-** Making small _____ (adjustments) to your schedule can help improve productivity.

- 5-** It can be hard to _____ (persevere) when you don't see immediate results

- 6-** Becoming _____ (aware) of your habits is the first step to changing them.

- 7-** She is a _____ (well-known) advocate for mental health awareness.

- 8-** Developing _____ (discipline) is key to sticking to long-term goals.

- 9-** Success often depends on _____ (consistency) in your efforts.

- 10-** His new _____ (lifestyle) focuses on mindfulness and exercise.

- 11-** Let's _____ (swap) our recipes so we can try something new.