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.

LIVEWORKSHEETS