

# 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.