Match the words with their definitions.

Words:

1. Self-improvement	A. The ability to wait calmly without frustration.
2. Patience	B. The process of making yourself better by developing skills.
3. Challenge	C. A situation or task that tests your abilities.
4. Achievement	D. A state where you feel relaxed and unchallenged.
5. Comfort zone	E. A set of beliefs or attitudes that shape your behavior.
6. Personal growth	F. The development of your skills and understanding.
7. Mindset	G. A result of effort and success, like completing a goal.

Exercise 2: Fill in the gaps using the words from the box.

Self-improvement – Patience – Challenge – Achievement - Comfort zone -Personal growth - Mindset

1. It's important to step out of your _____ if you want to grow and improve.
2. Learning a new language was a big _____ for me, but it was worth it.
3. His greatest _____ was running a marathon after months of training.
4. To succeed in life, you need to have the right _____, like believing you can overcome obstacles.
5. _____ is essential when you are working towards a long-term goal, like finishing a degree.
6. _____ is something that helps you become a better person, whether it's through learning or new experiences.
7. After years of studying, she realized that _____ is the key to becoming successful.

Exercise 3: Use each word in a sentence.

1. **Self-improvement:** _____
2. **Patience:** _____
3. **Challenge:** _____
4. **Achievement:** _____
5. **Comfort zone:** _____
6. **Personal growth:** _____
7. **Mindset:** _____
8.

LIVEWORKSHEETS