

Match the words with their definitions.

Words:

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| 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. _____