PASSAGE 75

Positive thinking has many advantages. Positive people are usually happy and don't worry about bad events in life, so they stay healthy. Also, positive people are likely to exercise and eat healthy foods. Because of this, they don't usually get sick and don't have many health problems.

Positive people do well in jobs as they are creative and solve problems themselves without asking other people for help. They also like to learn new things, so they study and take classes. Their knowledge and skills make **them** better workers.

Positive thinking also helps in sports. Top athletes are positive thinkers and never **give up**. They like to practice their sports and always want to get better. Also, before they do an action, they "see" themselves do it correctly, believing they are going to win.

There are many different ways to become more positive. First, think about good events in your life. At the end of a day, ask, "What good things happened to me today?" Think about these things for a few minutes. Second, find activities to do. Laugh at a funny movie or read a good book. Finally, always try new things. For example, you can talk to people you don't know or shop in a different store. Do different things every day.

Life can be difficult sometimes. Don't give up and be negative. Take action. Think about the future by making a plan. You can learn to be positive.

Question 1: Which of the following is the best title for the passage?

A. The benefits of positive thinking

B. The drawbacks of positive thinking

C. The conflicts of positive thinkers

D. The importance of positive thinkers

Question 2: The word "**them**" in paragraph 2 refers to _____.

A. classes B. skills C. new things D. positive people

Question 3: According to paragraph 2, when positive people have problems, they usually

A. get help from others B. ask better workers

C. take classes D. look for solutions

Question 4: The phrase "**give up**" in paragraph 3 is closest in meaning to _____.

A. love playing B. stop trying C. keep working D. start training

Question 5: According to the passage, which of the following is NOT true about positive thinkers?

A. They are creative. B. They are confident.

C. They are depressed. D. They are independent.

LIVEWORKSHEETS