

2 Choose A - E to complete the conversation between Nick and his counsellor. Then practise it with a friend.

Nick: (1) _____

Counsellor: That's great that you're interested in making healthy choices! What are some of the changes you've thought about making?

Nick: (2) _____

Counsellor: Those are great goals! For nutrition, it's important to focus on eating a balanced diet. You can start by making small changes, like swapping out sugary drinks for water or choosing fruits instead of candies.

Nick: (3) _____

Counsellor: There are plenty of options for exercise. The important thing is to find something you enjoy, so you're more likely to stick with it.

Nick: (4) _____

Counsellor: It can be tough to make changes. You can start by setting a consistent bedtime and wake-up time and avoiding screens before bed.

Nick: (5) _____

Counsellor: That's all right. It's important to take care of yourself, and I'm happy to help.

A. That sounds like a good plan. Thanks for the tips!

B. That makes sense. What about sleep? I know I don't get enough sleep, but it's hard to change my habits.

C. Hi! I want to talk to you about healthy living. I've tried to make some changes in my life to be healthier, but I'm not sure where to start.

D. Well, I know I need to eat healthier, but it's hard to know what to eat. And I want to start exercising more, but I don't know how to start.

E. Sounds practicable. What about exercise? I'm not really into sports, so I'm not sure what to do.

1 Choose the correct answer A, B, C, or D to fill in each blank in the following passage.

We can manage our time effectively by (1) _____ some of these strategies. Firstly, it is important to (2) _____ clear and realistic goals and prioritise tasks accordingly. This means that you must identify (3) _____ is the most important and urgent and allocate time and resources (4) _____. Next, creating a schedule or to-do list can be helpful in staying (5) _____ track and ensuring that all tasks are completed within the time allotted. Thirdly, it is important to learn to say no to distractions and time-wasting activities such as checking social (6) _____. Instead, you should focus on the task at (7) _____ and work efficiently to complete it. Additionally, taking regular breaks and scheduling time for self-care activities can help increase (8) _____ and prevent burnout. Finally, it is essential to regularly review and adjust your schedule to ensure that you are making progress (9) _____ your goals and accommodating yourself to any working conditions in your life. By following these tips, you can make the most of your time, be more productive, and achieve success in all (10) _____ of your life.

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|-----------------|----------------|-----------------|---------------|
| 1. A. making | B. following | C. doing | D. working |
| 2. A. achieve | B. get | C. reach | D. set |
| 3. A. what | B. who | C. when | D. where |
| 4. A. according | B. accordingly | C. accord | D. accordance |
| 5. A. up | B. off | C. on | D. in |
| 6. A. medium | B. media | C. interaction | D. contact |
| 7. A. one | B. will | C. length | D. hand |
| 8. A. product | B. produce | C. productivity | D. productive |
| 9. A. forwards | B. towards | C. in | D. on |
| 10. A. aspects | B. parts | C. features | D. sides |

2 Read the passage and choose the correct answer A, B, C, or D to each of the questions.

Goal setting is a crucial process that involves careful consideration of what you want to accomplish and requires persistent effort to make it a reality. Establishing goals gives you a target to strive for and helps to keep you motivated throughout the process. Goals also provide you with a focus and a way to measure your progress and accomplishments.

In the pursuit of a healthy lifestyle, setting realistic goals is the key to success. However, it is important to be realistic with yourself when setting these goals. If you want to quit smoking, lose a significant amount of weight, or run a marathon, it is unlikely to happen overnight, or even in a few months or a year.

Not reaching those goals might be discouraging and lead to giving up altogether. To avoid feeling overwhelmed, it is advisable to start small and concentrate on one goal at a time. If you want to lose weight, make small and achievable goals. For example, you can start by working out at least three times a week or adding more vegetables to your meals when you want **seconds**.

By keeping a journal or using a tracking app on your phone, you can monitor your progress and ensure that you stay on track. Once these small goals become part of your routine, you can gradually add new goals, such as limiting eating out to twice a week or incorporating weightlifting into your exercise routine. These small goals are easier to achieve and will eventually lead to meeting your main goal.

1. The first paragraph is about _____.
 - A. why goal setting is important
 - B. how to set realistic goals
 - C. the importance of setting healthy goals
 - D. steps of setting an achievable goal
2. What is one important thing to keep in mind when setting goals for a new healthy lifestyle?
 - A. Making sure to set as many large goals as possible.
 - B. Focusing on one small goal at a time to avoid overwhelming yourself.
 - C. Ignoring small goals and only focusing on large ones.
 - D. Setting many large goals at once and making them more challenging.
3. The word "**seconds**" mostly means _____.
 - A. food that is sold at a lower price than usual because it is not good
 - B. a second amount of the food that you need to eat to lose weight
 - C. only half of the amount of the food that you need to eat every day
 - D. another serving of food, after you have eaten your first serving
4. What is an example of a small goal you could set when trying to lose weight?
 - A. Losing a large amount of weight in a month.
 - B. Working out every day.
 - C. Adding more vegetables to your plate.
 - D. Being able to run a marathon in fifteen days.
5. When small goals become part of our weekly routine, we should _____.
 - A. give up on setting goals altogether
 - B. gradually add new goals
 - C. set other larger goals
 - D. ignore all of our progress
6. What is one benefit of setting small goals, according to the passage?
 - A. They are easier to achieve.
 - B. They will lead to meeting our main goal at once.
 - C. They will be more challenging than large goals.
 - D. They require more effort.

3 Read the passage and tick (✓) T (True) or F (False) for each sentence.

Chi, a student at a specialised high school in Ha Noi, needs to have a well-balanced life because she wants to excel in her studies, pursue her passions and hobbies, etc. Below are some of the things she often does to achieve a well-balanced life.

Firstly, Chi starts each day by planning her schedule and setting priorities for the day, making sure to allocate time for studying, extracurricular activities, and socialising. She also takes breaks throughout the day to relax and recharge.

In addition, Chi dedicates time to her hobbies, such as reading, listening to music, and doing sports. She believes that pursuing her passions brings her joy and a sense of fulfilment.

Chi also spends time with her family and friends regularly and makes an effort to stay in touch even when she is busy with schoolwork. She understands the importance of building and maintaining strong relationships with them.

Finally, Chi gives priority to her physical and mental health. She gets enough sleep, eats a balanced diet, and does exercise regularly. She also practises mindfulness and meditation to manage stress and maintain a positive mindset.

By following these practices, we believe that Chi is on her way to achieving a fulfilling and well-balanced life.

	T	F
1. Chi plans the schedule and sets priorities for the day.		
2. Chi neglects her hobbies to focus on her studies.		
3. Chi only spends time with her family and friends when she has free time from schoolwork.		
4. Chi prioritises her physical as well as mental health.		
5. It is unlikely that Chi will achieve a well-balanced life.		

1 Write sentences using the suggested words and phrases below. You can make changes to the words and phrases and add more words if necessary.

1. If / you / want / maintain / well-balanced / life / you / must / give / priority / your work.

2. If / we / want / balance / life / study / it / be / important / for us / manage / our time / effectively.

3. If / you / work / an assignment / for / several months / you / should / take / a week off / when / you / finish / it.

4. If / teenagers / be / satisfied / their / lives / relationships / they / may / usually / happier.

5. If / you / not make / sufficient / time / your schoolwork / you / may / fall behind / in / your classes.
