

Grammar

1 Choose the correct option, A or B, to complete the sentences.

1 Both my father and brother are excellent musicians, but, sadly, I have real talent for playing instruments.
A no
B none

2 That's the right bag. It's the red one with the pocket at the front.
A not
B none

3 To be honest, I have genuine desire to know what Nick said about me – it will only upset me.
A no
B none

4 Things were very different for my parents' generation when they moved here. Happily, I have, so far, experienced of the problems they encountered.
A no
B none

5 Ben is applying for the role of senior officer, but fears he's going to be successful.
A not
B none

6 many people get to experience this. We should count ourselves lucky.
A No
B Not

7 Jimmy felt real disappointment in failing his driving test. He thinks he'll pass next time.
A no
B none

8 I'm devastated that the newspaper story featured of the opinions I shared with the reporter.
A none
B not

2 Circle the correct options in the text.

In today's busy world, it is important that we (1) **focus** / **are focused** our minds on personal well-being. The first piece of advice that (2) **has suggested** / **has been suggested** by experts is that we remain as active as possible. This can involve walking, climbing stairs, jogging or organised sport, such as tennis or football. Another good tip for personal well-being is to stay connected with people. Most people (3) **bring up** / **are brought up** surrounded by family and friends, and it (4) **thinks** / **is thought** that, as adults, we (5) **want** / **are wanted** to continue feeling close to others. Learning can also boost and maintain personal well-being. Learning new things can (6) **build** / **be built** self-confidence, and give individuals a sense of purpose.

Other strategies that (7) **mean** / **are meant** to enhance well-being are related to diet and being more self-aware. People (8) **need** / **are needed** to make sure their food intake is not only nutritious, but also balanced, and this can go a long way towards a healthy mind. Being more aware of yourself – what makes you feel good and what doesn't – (9) **perceive** / **is perceived** to be essential. This may seem very obvious, but too many negative choices (10) **make** / **are made** by individuals who prioritise other things in their lives, over themselves.

Vocabulary

3 Complete these sentences by writing the missing letters. There is one space for each missing letter.

- 1 Jim has outstanding **i** **n** **p** **s** **l** skills, meaning he can communicate well and build relationships with others easily.
- 2 Politicians, lawyers and many famous people often have high levels of **I** **s** **t** **c** intelligence, and are, as a result, talented speakers and writers.
- 3 Ann and Sara are very good with numbers and figures. They have high levels of **m** **e** **m** **c** **a** **l** intelligence.
- 4 A new form of school has been developed where children spend a lot of time outdoors, in forests and fields. It is hoped that this will appeal to students who have more **u** **r** **I** **i** **c** intelligence.
- 5 Visualising information through data, tables, charts and graphs, as well as having a great sense of direction, indicate **s** **a** **l** intelligence.
- 6 Sora has enhanced levels of **_** **o** **i** **a** intelligence. He is able to identify patterns and relationships between things, and can solve problems easily.
- 7 Nicky always knew she would become a teacher. She has always been good at changing information to make it easier for others to understand. In this way, she demonstrates great **p** **a** **c** **l** intelligence.
- 8 Tom can play at least three instruments, and his brother James can sing really well. They are both very intelligent **_** **u** **c** **l** **y**.
- 9 Clive is not very self-aware. He could benefit from more **r** **a** **o** **a** **l** intelligence.
- 10 To be good at dancing or sport, it helps to have strong **_** **n** **s** **t** **e** **c** intelligence.

4 Choose the correct option, A, B or C, to complete the sentences.

- 1 Vittorio must be very to be able to paint so well and write such beautiful poetry.
A reliable
B creative
C cheerful
- 2 James can be a little at times, and doesn't always think through the consequences of his actions.
A impulsive
B energetic
C active
- 3 I'm sorry that I'm very today, but I'm waiting to hear if I've got the job or not. Nothing else really matters to me at the moment.
A active
B distracted
C impulsive
- 4 Do you think John will be here on time to take us to the airport? Would you say that he is someone who is?
A sincere
B reliable
C impulsive
- 5 Your proposal is amazing, and you don't need to do anything more to it. Stop being such a , and relax.
A perfectionist
B creative
C distracted
- 6 Georgie and Julie have been looking after small children for years. They must be very individuals.
A caring
B impulsive
C creative

7 Alasdair is very I really think he means everything he says.
A sincere
B reliable
C cheerful

8 Pete won the award for being the most person in class – he's always smiling and is positive about everything.
A distracted
B creative
C cheerful

9 I want to tell you something, but I need to know that you're and are not going to gossip to everyone about it.
A caring
B trustworthy
C reliable

10 Miles is so He never stops running around.
A cheerful
B perfectionist
C energetic

5 Complete the sentences by writing the missing letters. There is one space for each missing letter.

1 Helen was discouraged by the majority of people she spoke to about opening up her own store, but she wasn't u f at all, and now she has thousands of customers.

2 Sonny first t i o long distance running as a way of clearing his mind of negative thoughts. He's since set up his own running club to encourage others to join him.

3 Many major businesses want to d a — with cash payments, and make customers use cards only.

4 Unfortunately, our coach has just k n o n on the motorway. We probably won't make it to the concert on time.

5 I know Ashok might c e a — as a little arrogant on TV, but in real life, he's really kind and generous.

6 That's an interesting idea for a new website, but I'm not sure your idea will c h n. Have you thought of doing some market research before launching it?

7 Sorry, no new job vacancies have been posted this week. I'll let you know if anything c s —.

8 Adam needs to take his time and properly consider his options. He shouldn't u n o anything before he's spoken to his friends and family.

9 Paulina won't like it if you tell her to be more considerate. In fact, I think she'll be completely a n a c by it.

10 At the town meeting, the local council u t r w d a proposal to turn the abandoned factory into new homes for the community.

6 Choose the correct option, A, B or C, to complete the sentences.

1 Because of a major argument, Andrew and Tony did not speak to each other for years, but I'm so pleased that they seem to have each other and are friends again.
A made a point of
B made ends meet
C made up with

2 Everything is so expensive these days; it's getting more and more difficult to
A make a point of
B catch up with
C make ends meet

3 Joe of buying his friends lunch yesterday to say thank you for their help.
A made a point of
B made ends meet
C made up with

4 Nothing ever phases Sophie. She seems to , and not get stressed about anything.

A take things as they come
B make ends meet
C run into problems

5 Everything was going extremely well on the road trip until we with our car, and had to wait a few days for it to be repaired.

A caught up with
B made up with
C ran into problems

6 They were a bit expensive, but those jeans in the first shop really Do you mind if we just pop back there so I can try them on?

A caught my eye
B made ends meet
C took up my time

7 It's unbelievable how quickly many East Asian countries western economies in the 1990s, and are now outperforming them in several ways.

A caught up with
B made a point of
C took things as they come

8 In long-distance races like marathons, it's crucial that runners just By doing that, they can save energy for the final few miles.

A run into problems
B take their time
C catch their eye