

1 A Choose the correct word to complete the sentences.

1 I can never say 'no' to chocolate. I just can't it!

a stick **b** set **c** resist

2 Ji is making to eat five portions of vegetables every day.

a a goal **b** an effort **c** an aim

3 She tries to go swimming three times a week, but she doesn't always to do it.

a achieve **b** stick **c** manage

4 Every January I write a list of goals for the year, but I don't always them.

a achieve **b** set **c** stick

5 Samira often off doing tasks she doesn't enjoy and leaves them to the last minute.

a sets **b** puts **c** takes

6 If you want to change a habit, it's important to realistic goals.

a stick **b** put **c** set

B Complete the sentences with the correct form of the verbs in the box and a preposition.

give keep put stick take

1 My tooth really hurts. I can't going to the dentist any longer.

2 Ping has lots more energy since she eating fast food – she only eats healthy food now.

3 I told him I was late and had to leave, but he just talking.

4 Filippo only running last year and he's already run a 50 km race!

5 It's easy to set yourself goals, but it's much harder to them!

C Read the blog and choose the correct alternative.

Every year on my birthday, I write a list of things I want to ¹**achieve / goal** that year. I usually ²**set / put** myself one main goal, like going to bed earlier or giving up ³**to drink / drinking** coffee.

A few years ago, I decided that I would take ⁴**on / up** sea swimming. My first swim was at the end of February and the water was freezing! I only managed ⁵**to stay / staying** in the water for about ten seconds! I didn't want to go back the next day, but I was determined to stick ⁶**to / of** my plan and kept reminding myself of how good I would feel if I kept ⁷**up / on** going. Some days, when it was cold, I had to ⁸**do / make** an effort to get in the water, but I always did it in the end.

 **LIVEWORKSHEETS**