

LISTEN WITH SPEAKAYOU

EPISODE #6: NEW YEAR, NEW BEGINNINGS – SETTING GOALS

1 CHRONOLOGICAL ORDER

Place these phrases in the logical order of a project or a goal.

Vocabulary: Start from scratch See it through
Get the ball rolling Look back on

1. First, you _____ (Begin).
2. Next, you _____ (Start the process/momentum).
3. Then, you work hard to _____ (Finish it completely).
4. Finally, years later, you _____ (Remember the past).

2 FILL IN THE BLANKS

Place these phrases in the logical order of a project or a goal.

Vocabulary: the big picture, kick the habit, ring in the New Year, stick to, a clean slate

1. I want to stop biting my nails, but I can't seem to _____.
2. I know you are tired, but please try to _____ the plan for just one more week.
3. After the divorce, she felt like she had _____ and could start life again.
4. We drank champagne to _____ at the party.
5. Don't worry about the cost of the printer paper; look at _____ of the company budget.

3 MATCH DEFINITIONS

Connect the phrase with the correct meaning.

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| 1. Turn over a new leaf | A. To choose objectives you can actually reach. |
| 2. Take the plunge | B. To be forgotten or stopped because of other distractions. |
| 3. Fall by the wayside | C. To change your behavior for the better. |
| 4. Set realistic goals | D. To correct a mistake and return to the plan. |
| 5. Get back on track | E. To finally do something risky/scary. |

4 CORRECT THE MISTAKE

Each sentence has a mistake with the vocabulary unit. Find it and fix it.

1. I want to make a new leaf this year and be kinder.

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2. We need to get the ball running on this project.

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3. I decided to do the plunge and quit my job.

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4. If you want to succeed, you must glue to your plan.

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5. My exercise routine fell by the roadside last month.

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