



Read the blog post. How has the writer changed?
Complete the summary with words from the text.

I'm not the person I once was

When I was a young kid, I was pretty adventurous. I was always out in the woods near home, climbing trees and swimming in the river. As a teenager, I was a bit of a risk-taker and didn't think twice about the stuff I did: snowboarding, sky-diving, you name it! I think I've changed considerably since then. These days I much prefer indoor activities and I've been a music teacher for the last four years. I've become a lot calmer as a result! I'm still curious about the world, but I haven't done anything 'extreme' for a long time!

I'm definitely less ¹ and no longer a ²
Nowadays, ³ are more my thing, and my role as a ⁴ has calmed me down. That doesn't mean I'm not ⁵ about what's going on around me. I just choose not to take part in ⁶ sports like snowboarding and sky-diving anymore!

Read the comments. Underline examples of the present perfect simple and continuous.



Astrid94

14.07 | 2 Nov

I would say that I've actually changed very little. I've always been very close to my family and we agree on most things. You'll often find us all on the golf course, too – recently I've taken up the sport so I can join my parents and brothers for a game!



JosephER

14.22 | 2 Nov

I've changed loads! As a young child I was quiet like my mum, who brought me up on her own, but in my teenage years I was rebellious and hated school with a passion. I think I've outgrown that, and I've been channelling my energy into being ambitious instead.



I_Kara

14:39 | 2 Nov

I've always had two sides to my personality. In my work as a gym instructor, I'm patient and cheerful, but in my personal life, I'm a total stress-head, though I've been working on that! I still love nothing more than getting together with friends and debating all the issues important to us.

Make notes about how these things have changed as you have got older. Then write a blog post. Write 100–140 words.

- your personality
- your interests
- your values