



OPEN CLOZE B2 LEVEL



B2 Open Cloze – Lifestyle and Habits

Instructions:

Read the text and fill each gap with ONE WORD ONLY.

Modern life is full of distractions, and many people find it difficult to develop healthy habits. (1) _____ they know what they should do, they often struggle to turn good intentions into daily routines.

One reason is that habits take time to form. According to psychologists, it can take several weeks before a behaviour becomes automatic. (2) _____ this period, people need motivation and patience.

Another important factor is consistency. Some people exercise for a few days and then stop, (3) _____ they feel they are too busy. Others start a diet but give (4) _____ after a short time.

Experts suggest starting with small changes (5) _____ large ones. For example, instead of trying to exercise every day, people could begin with two (6) _____ three short sessions per week. (7) _____ they succeed, they may gradually increase the frequency.

It is also important to understand why a habit exists. Some people eat unhealthy food (8) _____ they are stressed or tired. If they become aware (9) _____ this pattern, they may find alternative ways to relax.

(10) _____ the process is slow, many researchers believe that anyone can change their habits. What matters most is (11) _____ people continue trying even when they fail. In the end, small daily actions can lead (12) _____ significant improvements in lifestyle.