

making changes

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.

