B1 READING • VOCABULARY PRACTICE

Small Steps, Big Changes

Read the story and complete each gap with an expression from the word bank.

WORD BANK

Use each expression once.

- accomplishment
- achieve a goal
- achievable goals
- build a routine
- check off
- consistency
- drive
- feel far away
- focus on
- get back on track
- goal
- keep going
- manageable
- mindset
- passion
- purpose
- remind yourself
- reward
- routine
- self-care
- set goals
- share your goals
- stay motivated
- surround yourself with
- visualize
- influence
- break something into pieces

A NEW WAY TO THINK ABOUT PROGRESS

Emma had always wanted to learn Spanish, get fitter and spend more time reading. She had many dreams, but they seemed to (1) _____. Every Monday, she promised herself that this time would be different. By Wednesday, however, she was usually tired and ready to give up.

One evening, Emma talked to her friend Jack. He told her that the secret was not to change everything at once. "First, (2) _____," he said. "Choose a few (3) _____ and, if a task looks too difficult, (4) _____. A big plan becomes more (5) _____ when you take it one step at a time."

Together, they made a simple plan. Emma's main (6) _____ was to read for twenty minutes every day. She promised to (7) _____ each task when she finished it. At first, even this small change felt like an (8) _____. She understood that (9) _____ mattered more than doing everything perfectly.

Jack also helped Emma (10) _____. She put a book next to her bed, prepared her clothes in the evening and started going to sleep earlier. These habits became part of her (11) _____. Before getting out of bed, she tried to (12) _____ the day ahead and imagine how good it would feel to (13) _____.

Of course, progress was not always easy. Some mornings Emma did not want to get up, and sometimes she lost her (14) _____. When that happened, Jack advised her to (15) _____ the next small step instead of worrying about the final result. "You don't have to feel inspired every day," he said. "Just (16) _____. A positive (17) _____ and regular action are often more useful than waiting for motivation. Try to (18) _____, even when the result seems far away."

Emma also wanted to spend time with positive people. Jack gave her some advice: "(19) _____ people who support you. The people around you can have a strong (20) _____ on your habits. And when things get difficult, (21) _____ that progress takes time." Emma thought about her (22) _____ — she wanted more energy, confidence and a meaningful life. Reading was connected to her (23) _____ for stories and new ideas.

After a difficult week, Emma sometimes had to (24) _____. Instead of feeling guilty, she simply returned to her plan the next day. She even decided to (25) _____ with a close friend, so they could encourage each other. Her friend suggested a small (26) _____ after a week of regular reading: a relaxing walk and a cup of tea.

Three months later, Emma had not changed her whole life, and she had not become perfect. But she had created a simple (27) _____ that she could keep. Her dream no longer felt so distant. She had learned that real progress is usually quiet: one useful choice, repeated day after day.

MOTIVATION • PERSONAL DEVELOPMENT • GOOD HABITS

LIVEWORKSHEETS