

Read the text:



## Top ten goals

People often want to make changes in their life: their job, their lifestyle, their relationships. They talk about it, they buy a self-help book ... but usually nothing changes, and then a year later the same goal comes back again. They say, "This time, I'm really going to make a change!"



We asked our readers, "What are your goals?" Here are their top ten:

- 1 stop smoking
- 2 get fit
- 3 spend more time with friends and family
- 4 work less and relax more
- 5 help others
- 6 get organized
- 7 lose weight
- 8 learn something new
- 9 save money
- 10 change jobs



Read the statements and choose **TRUE** or **FALSE** :

People almost never want to make changes in their life: TRUE / FALSE

Some people buy self-help books to learn to change their lives: TRUE / FALSE

People always change their lives when they set that goal: TRUE / FALSE

Read the list of top ten goals above. Which ones can you see in the pictures? Drag and drop them in their correct picture.

## LISTENING



**2 A** Listen to five people talk about their goals. Write the number(s) from the list in Exercise 1A next to the name.

1 Tom    8                      3 Liam    \_\_\_\_\_                      5 Alex    \_\_\_\_\_  
2 Fiona    \_\_\_\_\_                      4 Rudi    \_\_\_\_\_

**B** Listen again. Are the sentences true (T) or false (F)?

- 1 Tom's girlfriend can't cook.
- 2 He wants to learn Japanese cooking.
- 3 Fiona wants to work in an office.
- 4 Liam plans to stop watching TV.
- 5 Rudi's a good tennis player.
- 6 He plans to walk a lot.
- 7 Alex plans to spend more time with her friends.
- 8 She likes shopping.



Choose the correct description for each picture.







Choose the correct option to complete the phrases.

- |                              |                             |
|------------------------------|-----------------------------|
| _____ others                 | _____ more time with family |
| _____ money                  | _____ fit                   |
| _____ smoking                | _____ less and _____ more   |
| _____ weight                 | _____ something new         |
| _____ organized              | _____ jobs                  |
| _____ more time with friends |                             |

Click on the icon, listen and choose the correct picture





**Choose the correct option to complete the sentences.**


























- Marina \_\_\_\_\_ jobs four times this year! That's incredible!
- During this pandemic, Leonard took a very long course. Now he has a better job. He definitely \_\_\_\_\_ something new.
- I barely see my friends. They always hang out together. I need to \_\_\_\_\_ more time with them.
- You looked so tired and stressed yesterday when I saw you at dinner. I think you need to \_\_\_\_\_ less and \_\_\_\_\_ more, it can be good for you.
- After all these months, I decided to \_\_\_\_\_ fit. I'm thin but I need to be stronger.
- James works too much. His children don't want to spend time with him anymore. He needs to \_\_\_\_\_ more time with his family.
- They never have time for anything! They're always busy but I don't see any progress. They need to \_\_\_\_\_ organized.
- Mario looks so heavy! Even the skin of his neck is very dark. He absolutely needs to \_\_\_\_\_ weight.
- Bertha looks so sick. She coughs all the time. She told me she wants to \_\_\_\_\_ smoking.
- Kareem lost her job yesterday. With all this situation, she needs to \_\_\_\_\_ money.
- Louis volunteers at the children's hospital every weekend. He loves to \_\_\_\_\_ others.

**Choose the correct option to complete the sentences.**












- Amelie wants to \_\_\_\_\_. She knows she's too fat and last week she almost had a heart attack, so young!
- I barely see Andrew. He never has time for all of us. I had an accident and he didn't even come to see me. His wife told me she doesn't recognize him anymore. He needs to \_\_\_\_\_.
- Julie has anxiety and gastritis; she gets home at 10 p.m. every day. She has to \_\_\_\_\_.
- I \_\_\_\_\_ last year. I lost my job and had plenty of time to study. Now I have a great job and want to learn more.
- Mariah can't study and work at the same time. She says it is too difficult. I believe she just needs to \_\_\_\_\_.
- Reese is very unstable. He \_\_\_\_\_ many times this year.
- Mark wants to be a sports player. But he has unhealthy lungs, he can't run so fast and not getting tired. He needs to \_\_\_\_\_.
- Stephany is going to the gym, she is on a diet since last year and now she wants to \_\_\_\_\_.
- Markus went bankruptcy. He never \_\_\_\_\_ and always travels and buys fancy clothes and cars.
- Diana is very caring. She helped me with my work last week. She helped her grandparents paint their house yesterday. She even volunteered at the community center for five days straight! She definitely likes to \_\_\_\_\_.



Click on the icon, listen and write the words.

	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____

Click on the icon, listen and write the phrases.

	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		