

1 Choose the correct word to complete the sentences.

- 1 To be successful you often need to overcome
 A goals C motivation
 B setbacks D deadlines
- 2 It's important to try and your potential.
 A succeed C fulfil
 B aim D commit
- 3 In order to achieve things you need to yourself goals.
 A set C make
 B find D expect
- 4 To perform well in sports you need to be able to cope pressure.
 A in C for
 B on D with
- 5 You should always try to focus achieving your goals.
 A with C on
 B to D in
- 6 Listen to good advice if you want to succeed life.
 A in C for
 B on D with

2 Correct the mistakes with the verb forms.

- 1 If I met Usain Bolt, I take a photograph of him.
- 2 We can get tickets for the match if we would book them today.
- 3 If you will practise harder, you could be a good player.
- 4 If you helped me more, I didn't have so many problems.
- 5 He can become world champion if he'd had a different coach.
- 6 He might have decided to join another team if the club wouldn't have offered him so much money.
- 7 She didn't become a world champion if she hadn't taken her trainer's advice.
- 8 They would have travelled to South Africa to see the final if they could afford it.

3 Use the word given in capitals at the end of some lines to form a word that fits in the space in the same line. There is an example at the beginning (0).

Imagine your success

Mental imagery is a technique which is often used by athletes to help improve their (0) *performance* but it can be used by anyone who may be worried about situations like giving a (1) or having a job interview. It helps with any event which makes you feel (2) or nervous.

This is how it works. Start your mental imagery training by imagining that you find the activity (3) and are satisfied with your skills. Then practise doing the activity in your mind as (4) as possible. See, feel and experience yourself doing the activity (5) in the way you would like to do it in real life. This kind of mental (6) is just as important as making sure you are fit in other ways for the task ahead. Many people find it very (7) to use their imagination in this way before going to sleep at night. Just before the event itself, spend some time alone going through your positive mental images. You may be surprised at what a (8) difference this simple technique can make to your confidence.

PERFORM

PRESENT

COMFORT

ENJOY

PRECISE

SUCCESS

PREPARE

HELP

DRAMA

