

MY GOALS

Dave: What's that on your wall, Petra?

Petra: That's my vision board.

Dave: Your what?

Petra: My vision board. It helps you with your _____. You put photos and phrases on a board to help you remember your goal.

Dave: Really? That sounds _____.

Petra: Yes, can you guess what my goal is?

Dave: Um...are you going to run?

Petra: Ha, yes. I'm going to run a 5k.

Dave: A 5k?

Petra: Yes, it's when you run five kilometres in a _____.

Dave: Right! So what do the photos on your vision board show?

Petra: Well, you see this one here?

Dave: The shoes? Yep.

Petra: So first I'm going to buy some really good _____ shoes.

Dave: OK.

Petra: Then I'm going to get up at 5 a.m. every morning, so I can run before I go to work.

Dave: Wow!

Petra: I'm also going to do yoga to keep _____. It's important to do more than one type of exercise, so you stay strong. I sometimes go to a class with my friend Sally, but we're going to go twice a week from next week. She's going to do the run with me, too.

Dave: OK.

Petra: And I'm also going to eat healthy food. I'm not going to have _____
any more.

Dave: But you love chocolate.

Petra: Don't laugh! I know I do, but I really want to do this.

Dave: OK... So the words and phrases on this board are to make you feel
_____ about it, right?

Petra: That's right. When I wake up early, I'm going to look at the _____
board and remember my goal. That's my plan, anyway.

Dave: This is _____, Petra. I really hope you can do it. Good luck!

Petra: Thanks, Dave!