

3 Choose the adjective that does NOT fit in each sentence.

- 1 I feel ___ when I walk alone in the street at night.
a uneasy b satisfied c anxious
- 2 Anna was ___ when she failed the exam.
a relaxed b afraid c disappointed
- 3 The next time she took the exam, Anna was _____.
a determined b relaxed c satisfied
- 4 After spending weeks on their school project, Sue and Cameron were ___ when they finished.
a joyful b satisfied c uneasy
- 5 People gave me lots of different advice about the exam, which made me feel _____.
a stressed b joyful c confused
- 6 James was really ___ when he arrived at the station early and his train had already left.
a miserable b annoyed c satisfied

WORD FRIENDS Choose the correct option.

- 1 make / get plans
- 2 boost / get a buzz out of something
- 3 boost / change your confidence
- 4 have / change your routine
- 5 give / have an adventure
- 6 give / get something a go
- 7 have / take something on board
- 8 say / give an opinion

5  Complete what the people are saying with the words below.

afraid boosted change determined
disappointed get have made stressed uneasy

- 1 This year has been so boring. I'm determined to _____ an adventure this summer.
- 2 Some people _____ a buzz out of walking up mountains, but I'm _____ of heights!
- 3 Gillian _____ plans for the party weeks ago, so she'll be really _____ if we don't go.
- 4 Nick felt _____ when meeting new people, but then losing weight _____ his confidence.
- 5 I don't like it when I have to _____ my routine. It makes me feel _____.

6 Order the letters and complete the words in the sentences.

- 1 Sometimes it's difficult to express yourself clearly in a foreign language. (serpexs)
- 2 Why not c_____ yourself to try something new this week? (gellachen)
- 3 It's important to k_____ yourself and be realistic about what you can achieve. (wonk)
- 4 If you want to do more exercise, you should m_____ yourself wake up early and go to the gym. (keam)
- 5 Don't let miserable people damage your confidence. B_____ yourself and you'll be fine! (eb)
- 6 Try something difficult for a change. You might s_____ yourself and enjoy it! (purssier)

7 Complete the blog post with the words below.

anxious challenged congratulate
determined give make miserable
routine satisfied take

My thirty-day vegan challenge

This month I am getting out of my comfort zone! How? I've ¹challenged myself to stop eating any meat or animal products for thirty days. I'm not a vegetarian. In fact, I really like meat, but recently I read about the way many animals are treated and it made me feel really ² . I decided to ³ this on board and ⁴ a vegan diet a go.

I'm a bit ⁵_____ about just eating vegetables and nuts all the time and I'm worried about getting hungry, but I'm ⁶_____ to be successful, so I'm going to ⁷_____ myself do this for the whole thirty days!

I've just finished my first day and I had lots of fruit for breakfast, and pasta with tomato sauce for lunch. I've changed my ⁸ _____ because I usually have only a small lunch. The good news is that I felt ⁹ _____ all afternoon and not hungry at all. In the evening I had a salad with nuts. A positive first day, I think, so time to ¹⁰ _____ myself!

Come back tomorrow to read about day 2!