**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 ___ to pass it.
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

**4** ● **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 **e***xpress* 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 [1]*challenged* 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!

LIVEWORKSHEETS