


- 3  1.31 Complete the text with the correct verb pattern using the words in brackets. Then listen and check.

### Visualisation

Before an important event, I **advise** <sup>1</sup> *athletes to visit* (athletes/visit) the stadium. This **allows** <sup>2</sup> \_\_\_\_\_ (them/visualise) the day of the competition. They **can** <sup>3</sup> \_\_\_\_\_ (imagine) the smells and the sounds in the stadium, and they **imagine** <sup>4</sup> \_\_\_\_\_ (win) the competition. Then, when the day of the competition arrives, they **try** <sup>5</sup> \_\_\_\_\_ (recreate) the success they imagined.

### Positive thinking

I **encourage** <sup>6</sup> \_\_\_\_\_ (athletes/talk) to themselves before a big race. I **force** <sup>7</sup> \_\_\_\_\_ (them/concentrate) on the times when they won. They **need** <sup>8</sup> \_\_\_\_\_ (stay) in the present and tell the negative voice in their head to **stop** <sup>9</sup> \_\_\_\_\_ (talk). Good athletes **want** <sup>10</sup> \_\_\_\_\_ (win), but top athletes **expect** <sup>11</sup> \_\_\_\_\_ (win). That's positive thinking!

### Relaxation

Even top athletes **can't help** <sup>12</sup> \_\_\_\_\_ (feel) nervous, especially when they find themselves standing next to last year's champion! I **let** <sup>13</sup> \_\_\_\_\_ (them/talk) to me about their worries, but on the day of the competition, negative thoughts are not allowed! It's a simple fact that if they **manage** <sup>14</sup> \_\_\_\_\_ (control) their nerves, they **tend** <sup>15</sup> \_\_\_\_\_ (do) better. Winning – it's all in the mind!

**5 Write a second sentence so that it has a similar meaning to the first. Use the words in brackets. Which sentences are true for you?**

- 1 I'm happy to lend money to my friends. (don't mind)  
*I don't mind lending money to my friends.*
- 2 I don't have enough money to buy new trainers.  
(can't afford)
- 3 I would like to learn how to skate one day. (hope)
- 4 My uncle showed me how to swim. (teach)
- 5 I don't want to take up jogging. (not intend)
- 6 My parents won't allow me to stay out all night with my friends. (let)

**6 Complete the sentences to make them true for you. Write four true sentences and one false one.**

- 1 I can't stand ...  
*I can't stand watching sport on TV.*
- 2 I enjoyed ...
- 3 I wasted a lot of time ...
- 4 I spend a lot of time ...
- 5 I've refused ...