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** [1] *athletes to visit* (athletes/visit) the stadium. This **allows** [2] _____ (them/visualise) the day of the competition. They **can** [3] _____ (imagine) the smells and the sounds in the stadium, and they **imagine** [4] _____ (win) the competition. Then, when the day of the competition arrives, they **try** [5] _____ (recreate) the success they imagined.

Positive thinking

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

Relaxation

Even top athletes **can't help** [12] _____ (feel) nervous, especially when they find themselves standing next to last year's champion! I **let** [13] _____ (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** [14] _____ (control) their nerves, they **tend** [15] _____ (do) better. Winning – it's all in the mind!

LIVEWORKSHEETS

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 ...

LIVEWORKSHEETS