

Goals and achievements

A Our outlook on life

1 Quick language check

Circle or underline the best word or phrase from each pair in *italics*.

- a George decided to take more responsibility *during* / *for* his own happiness.
- b Alisha *give* / *set* herself the goal of starting a business by the time she was 30.
- c Oskar's New Year's *resolution* / *decision* was to start doing more exercise.
- d If you are really *confident* / *determined* to achieve something, you'll probably succeed.
- e I think that *eating* / *eat* more fruit and vegetables is a good idea.
- f What's the best way of *dealing* / *sorting* with difficult situations?
- g Having a plan for each day helps to give me a real sense of *reason* / *purpose*.
- h Some people are highly *motivated* / *encouraged* by the thought of earning lots of money.
- i Lizzie finally told me why *she was* / *was she* feeling so miserable.
- j It's often incredibly difficult *continuing* / *maintaining* a work-life balance.

CB Sections A1 to A4

2 Vocabulary check

Use the words in the box to complete the text. You may need to change the form of some of the verbs.

volunteer flexibility pursue aspirations honest obstacles
rewards focus realistic admit process

Children's (a) _____ often change as they get older – one minute they want to be a train driver, the next an astronaut. Khalid, however, knew from a young age that he wanted to become a vet. He realised that it would be a long and difficult (b) _____, and that there would be lots of (c) _____ to overcome. Despite this, he (d) _____ his goal with great determination.