Complete each sentence by filling in the missing words or choosing the correct option to create the full phrase.

- She took advantage of the opportunity and **(capitalised / captured)** the situation.
- You should **(push / pull)** your **(borders / boundaries)** if you want to grow.
- When solving this problem, try to **(think / imagine) (outside / beyond)** the box.
- He's always been so good at sports–he's just **(a / the) (natural / naturist).**
- If you want to succeed, you need to **(have / gain) (strong / strict)** self-control.
- A good leader knows how to **(build / break) (rapport / report)** with the team.
- After years of hard work, she **(accomplished / fulfilled)** her **(dream / desire)** of becoming an actress.
- After a few lessons, I quickly **(picked / took)** the basics.
- I can't explain why, but I **(have / get)** the **(sense / feeling)** that something is wrong.
- The company started to **(go / walk) (down / downhill)** after the CEO resigned.
- A small adjustment in your daily routine can **(make / create)** all the **(difference / changes)**.
- Now that we've learned the theory, it's time to **(put / take)** theory into **(action / practice)**.

Complete the sentences below using the appropriate phrase. You may need to change the form of the phrase to fit the sentence.

- She _____ when she moved abroad to start her own business.
- If you want to improve, you need to _____ and try something new.
- Our company encourages us to _____ when developing new products.
- He doesn't need much training; he _____ when it comes to sports.
- To stay focused, it's important to _____ and avoid distractions.
- A good manager knows how to _____ with their employees.
- After years of hard work, she finally _____ by becoming a professional dancer.
- It didn't take him long to _____ when he started learning the guitar.
- I _____ that something isn't right in this situation.
- After the CEO left, the company started to _____ and profits fell.
- A small change in your routine can _____ in how productive you are.
- At university, we studied many theories, but now it's time to _____ in my job.

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Choose the adjective that best fits the sentence from the three options.

- Sarah is very _____; she always gives great advice.
  a) determined **b)** wise **c)** outgoing
- John is _____ dealing with difficult situations; he can handle them calmly.
  a) capable of **b)** hopeless at **c)** open-minded
- Emma is very _____; she makes friends easily and loves socializing.
  a) self-confident **b)** outgoing **c)** wise
- My brother is _____ fixing computers. He always needs help.
  a) determined **b)** hopeless at **c)** mature
- Kate is _____; she doesn't stress out easily and takes life as it comes.
  a) easy-going **b)** self-confident **c)** determined
- Lily is _____ trying new things; she loves learning about different cultures and ideas.
  a) capable of **b)** determined **c)** open-minded
- Sam is _____ to fulfil his goals; he won't stop until he achieves them.
  a) hopeless at **b)** determined **c)** wise
- Even though he's young, Jack is very _____ for his age; he acts responsibly.
  a) mature **b)** outgoing **c)** easy-going
- Jenny is very _____; she believes in her abilities and isn't afraid to try new things.
  a) self-confident **b)** easy-going **c)** hopeless at

Read each statement and decide if it is true or false based on the adjective used. Correct the false sentences.

- A self-confident person is afraid to speak in public. ***(True / False)***
- Someone who is hopeless at math probably finds math easy. ***(True / False)***
- If you are capable of something, it means you don't know how to do it***. (True / False)***
- An outgoing person is very shy and doesn't like meeting new people. ***(True / False)***
- Being open-minded means you are willing to consider new ideas. ***(True / False)***
- A determined person gives up easily. ***(True / False)***
- A wise person is someone who is foolish and makes bad decisions. ***(True / False)***
- Easy-going people tend to get stressed out and worried often. ***(True / False)***
- A mature person behaves responsibly, no matter their age. ***(True / False)***

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