

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**) (**rappor / 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.

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**)