

## Match the words with their definitions.

### Words:

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|---------------------|----------------------------------------------------------------|
| 1. Self-improvement | A. The ability to wait calmly without frustration.             |
| 2. Patience         | B. The process of making yourself better by developing skills. |
| 3. Challenge        | C. A situation or task that tests your abilities.              |
| 4. Achievement      | D. A state where you feel relaxed and unchallenged.            |
| 5. Comfort zone     | E. A set of beliefs or attitudes that shape your behavior.     |
| 6. Personal growth  | F. The development of your skills and understanding.           |
| 7. Mindset          | G. A result of effort and success, like completing a goal.     |

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### Exercise 2: Fill in the gaps using the words from the box.

Self-improvement – Patience – Challenge – Achievement – Comfort zone – Personal growth – Mindset

1. It's important to step out of your \_\_\_\_\_ if you want to grow and improve.
2. Learning a new language was a big \_\_\_\_\_ for me, but it was worth it.
3. His greatest \_\_\_\_\_ was running a marathon after months of training.
4. To succeed in life, you need to have the right \_\_\_\_\_, like believing you can overcome obstacles.
5. \_\_\_\_\_ is essential when you are working towards a long-term goal, like finishing a degree.
6. \_\_\_\_\_ is something that helps you become a better person, whether it's through learning or new experiences.
7. After years of studying, she realized that \_\_\_\_\_ is the key to becoming successful.

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### Exercise 3: Use each word in a sentence.

1. Self-improvement: \_\_\_\_\_
2. Patience: \_\_\_\_\_
3. Challenge: \_\_\_\_\_
4. Achievement: \_\_\_\_\_
5. Comfort zone: \_\_\_\_\_
6. Personal growth: \_\_\_\_\_
7. Mindset: \_\_\_\_\_
8. \_\_\_\_\_