🧩 Vocabulary: Declutter Your Life (B1 Level)

Choose the correct option.

1. What does "to be triggered by" mean?
A) To clean something completely
B) To be emotionally affected or activated by something
C) To try a new idea
D) To make a plan

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2. Which sentence is correct?
A) I should spend the entire month decluttering my closet.
B) I should to spend the entire month decluttering my closet.
C) I should not to spend the entire month decluttering my closet.
D) I shouldn spending the entire month decluttering my closet.

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3. If you cut calories, you...
A) Stop eating sugar only
B) Eat less food to be healthier
C) Throw food in the trash
D) Stop eating forever

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4. Which action is an example of "ruthlessly"?
A) Slowly cleaning one drawer a day
B) Throwing away all your clothes without thinking twice
C) Asking your friend for help with laundry
D) Making a to-do list

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5. What does it mean to "make room for" something?
A) Paint the walls
B) Remove something so you have space
C) Rearrange your calendar
D) Decorate a room



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Ex.2.Fill in the gaps with the most suitable phrase.

- *Anxiety*
- *Cut calories*
- *Get rid of*
- *Intentionally*
- *Make room*
- *New Year's resolution*
- *Ruthlessly*
- *Spend the entire month*
- *Test out a theory*
- *To be a grounding presence*
- *triggered by*
- *To simplify your life*



1.I want to ..... and see if waking up at 6 AM makes me more productive.

2. Her .....is to exercise three times a week and eat healthier.

3. At the beginning of the year, I was being .....the typical 'cut calories', 'lose weight' type of stuff.

4. If you want to lose weight, you should .....and eat more vegetables.

5. I always feel ..... before exams, even if I've studied a lot.

6. He decided to ..... decluttering his house, one drawer at a time.

7. She .....threw away half of her wardrobe — no regrets!

8. A good way .....is to stop overthinking and focus on one thing at a time.

9. I need to.....in my bookshelf so I can put new books there.

10. My best friend always calms me down. She knows how .....

11. Let's .....old shoes we haven't worn in years!

12. I didn't buy that coat by accident — I did it.....because I needed something warm.

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