

## 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.