

Task 4. Read the text below. Choose from (A-H) the one which best fits each space (17 - 22). There are two choices you do not need to use.

A change is as good as rest

In the past, we used to celebrate the arrival of spring with a special clean-up of the house. All the dirt and mess of the dark winter months would be swept up, washed away or thrown out. This same idea can also work with our inner selves. As the years go by, (17) _____: things we've heard or learnt, lots of useless knowledge. It could be time to downsize to the things that are useful.

This all sounds very attractive, (18) _____ then the average house. All we need, though, is the right motivation, whether internal or external. Have you ever noticed how a short holiday gives you more energy, and you feel healthier all round? This is backed up by science: research has found that animals can resist poor diets much more successfully (19) _____ and, crucially, when it changes frequently. The real enemy is routine.

When we plan to make changes to our lives, it's usual to feel undecided at times. We tend to put things off, (20) _____. We make little excuses to do it another day. Naturally, the risk is that the old you will win out and nothing will change. The danger then is the feeling of regret. Sometimes the only way forward is (21) _____. If it doesn't work, if we feel no better than before, then no damage will have been suffered and life can go on as before.

This is what an article I once read said. On a large piece of paper draw a circle and, inside this, write down all the things you're happy doing. Then, outside that first circle, list things you can do, but which need some effort (e.g. going for a run or cleaning the house). Put another circle round these and note down ambitions you have, but which cause nervousness. For me,

(22) _____. Repeat the activity as often as you like. As time goes by, you will try things from the next circle. You will find confidence levels rising and you will hopefully feel a greater sense of achievement and, most importantly, happiness.

- A** as if we're afraid of the change
- B** we tend to fill up with all sorts of nonsense
- C** this would include writing a book or making a speech
- D** when their environment is interesting
- E** to force ourselves against our inner wishes
- F** which we often get filled with various foolishness
- G** to compelling ourselves against our innate desires
- H** but people are a great deal harder to clean out