

## making changes

### 1 A Choose the correct word to complete the sentences.

- 1 I can never say 'no' to chocolate. I just can't ..... it!  
**a** stick                      **b** set                      **c** resist
- 2 Ji is making ..... to eat five portions of vegetables every day.  
**a** a goal                      **b** an effort                      **c** an aim
- 3 She tries to go swimming three times a week, but she doesn't always ..... to do it.  
**a** achieve                      **b** stick                      **c** manage
- 4 Every January I write a list of goals for the year, but I don't always ..... them.  
**a** achieve                      **b** set                      **c** stick
- 5 Samira often ..... off doing tasks she doesn't enjoy and leaves them to the last minute.  
**a** sets                      **b** puts                      **c** takes
- 6 If you want to change a habit, it's important to ..... realistic goals.  
**a** stick                      **b** put                      **c** set

### B Complete the sentences with the correct form of the verbs in the box and a preposition.

give   keep   put   stick   take

- 1 My tooth really hurts. I can't ..... going to the dentist any longer.
- 2 Ping has lots more energy since she ..... eating fast food – she only eats healthy food now.
- 3 I told him I was late and had to leave, but he just ..... talking.
- 4 Filippo only ..... running last year and he's already run a 50 km race!
- 5 It's easy to set yourself goals, but it's much harder to ..... them!

### C Read the blog and choose the correct alternative.

Every year on my birthday, I write a list of things I want to <sup>1</sup>**achieve** / **goal** that year. I usually <sup>2</sup>**set** / **put** myself one main goal, like going to bed earlier or giving up <sup>3</sup>**to drink** / **drinking** coffee.

A few years ago, I decided that I would take <sup>4</sup>**on** / **up** sea swimming. My first swim was at the end of February and the water was freezing! I only managed <sup>5</sup>**to stay** / **staying** in the water for about ten seconds! I didn't want to go back the next day, but I was determined to stick <sup>6</sup>**to** / **of** my plan and kept reminding myself of how good I would feel if I kept <sup>7</sup>**up** / **on** going. Some days, when it was cold, I had to <sup>8</sup>**do** / **make** an effort to get in the water, but I always did it in the end.

