

Small
steps
big
changes ♥



Mindfulness, Self-Reflection

& MODAL VERBS

HOMEWORK



A calmer
happier you
♥ ♥

1 Complete the sentences

Use the words from the box.

overthink everything self-reflection binge eating
kick the habit mentally exhausting mindfulness
stay occupied beat yourself up learn from experience
uncertainty indecision self-esteem

- 1 I tend to _____ when I have an important decision to make.
- 2 Regular _____ can help you understand why you react in certain situations.
- 3 For some people, _____ can become a way of dealing with stress.
- 4 If you want to stop smoking, you may need to _____.
- 5 Working long hours without a break can be _____.
- 6 _____ can help you focus on the present instead of worrying about the past or future.
- 7 When I have too much free time, I try to _____ by reading or exercising.
- 8 You shouldn't _____ every time you make a mistake.
- 9 We should _____ instead of making the same mistakes again.
- 10 The _____ of not knowing what will happen can make people anxious.
- 11 His _____ made it impossible for him to choose between the two options.
- 12 Getting positive feedback can improve your _____.

4 Complete the sentences with the correct expression.

- 1 I keep thinking about the same problem again and again. I tend to _____.
- 2 I made a mistake, but I don't want to _____ I want to learn from it.
- 3 I have so much work that I feel completely _____.
- 4 I don't know whether to accept the job or reject it. I'm struggling with _____.
- 5 Meditation helps me focus on the present. It improves my _____.
- 6 I've decided to stop eating sweets every evening. I want to _____.
- 7 I made a mistake at work, but I _____ and now I know what to do differently.
- 8 Not knowing what will happen next creates a lot of _____.

2 Choose the correct option.

- 1 If you make a mistake, you **should** / **mustn't** learn from it.
- 2 You **don't have to** / **mustn't** practise mindfulness every day if you don't want to.
- 3 People **shouldn't** / **don't have to** beat themselves up over every small mistake.
- 4 Taking a short break **can** / **mustn't** help you deal with mental exhaustion.
- 5 If you feel overwhelmed, you **could** / **mustn't** try to simplify your schedule.
- 6 You **must** / **don't have to** be productive every minute of the day.
- 7 Spending too much time thinking about a problem **might** / **mustn't** make you feel even more anxious.
- 8 You **should** / **can't** be more self-compassionate when things don't go as planned.
- 9 We **don't have to** / **mustn't** find an immediate solution to every problem.
- 10 If social media triggers anxiety, you **might** / **mustn't** need to take a break from it.

3 Complete with the correct modal verb.

Use: **should** • **shouldn't** • **must** • **mustn't** • **can** • **could** • **might** • **don't have to**

- 1 You _____ be kind to yourself when you make a mistake.
- 2 You _____ compare yourself to other people all the time.
- 3 Mindfulness _____ help you become more aware of your thoughts.
- 4 You _____ finish everything today. Some things can wait.
- 5 If you're feeling overwhelmed, you _____ ask someone for help.
- 6 You _____ ignore serious negative effects of an unhealthy habit.
- 7 You _____ take some time to reflect on what happened.
- 8 Spending too much time online _____ trigger anxiety.

5 Rewrite the sentences using a modal verb.

Example: It is a good idea to take a break.
→ You **should** take a break.

- 1 It isn't a good idea to overthink every small problem.
→ You _____.
- 2 It isn't necessary to be productive all the time.
→ You _____.
- 3 It is possible that social media triggers her anxiety.
→ Social media _____.
- 4 It is a good idea to practise self-reflection.
→ You _____.
- 5 It is possible to improve your self-esteem through positive habits.
→ You _____.
- 6 It is not a good idea to blame yourself for everything.
→ You _____.

6 Choose the best modal + vocabulary.

- 1 When you feel overwhelmed, you _____ rather than trying to do everything at once.
A) should / stay occupied B) could / slow down C) must / overthink everything
- 2 If you make a mistake, you _____ instead of focusing only on what went wrong.
A) should / learn from experience B) must / beat yourself up C) shouldn't / acknowledge thoughts
- 3 If you experience constant uncertainty, you _____ with someone you trust.
A) could / talk about it B) mustn't / self-reflection C) shouldn't / self-esteem
- 4 People _____ every thought they have. Some thoughts can simply be noticed and released.
A) must / overthink everything B) don't have to / hold on to C) should / trigger anxiety
- 5 If a habit has negative effects on your life, you _____ and find a healthier alternative.
A) should / kick the habit



A
brighter
mind
A calmer
you ♥