#### Read the text:



#### Read the statements and choose TRUE or FALSE:

People almost never want to make changes in their life: TRUE / FALSE

Some people buy self-help books to learn to change their lives: TRUE / FALSE

People always change their lives when they set that goal: TRUE / FALSE

Read the list of top ten goals above. Which ones can you see in the pictures? Drag and drop them in their correct picture.



## LISTENING



2 A Listen to five people talk about their goals. Write the number(s) from the list in Exercise 1A next to the name.

IF	om the	list in Exe	ercise TA next	to the name.			
1	Tom	8	3 Liam		5 Alex _	_	
2	Fiona		4 Rudi	_			
B	Listen again. Are the sentences true (T) or false (F)?						
1	Tom's girlfriend can't cook.						
2	He wants to learn Japanese cooking.						
3	Fiona wants to work in an office.						
4	Liam plans to stop watching TV.						
5	Rudi's a good tennis player:						
6	He plans to walk a lot.						
7	Alex plans to spend more time with her friends.						
8	She likes shopping.						

**#LIVEWORKSHEETS** 

### Choose the correct description for each picture.







## **#LIVEWORKSHEETS**

 others	more time with	family
money	fit	
smoking	less and	more
weight	something new	
 organized	jobs	
more time with friends		































## **#LIVEWORKSHEETS**

### Choose the correct option to complete the sentences.

Marina	jobs four times this year! That's incredible!				
During this po	ndemic, Leonard took a very long course. Now he has a better job. He definitel				
sor	nething new.				
I barely see n	ny friends. They always hang out together. I need to more time with				
them.					
You looked s	You looked so tired and stressed yesterday when I saw you at dinner. I think you need to				
less c	nd more, it can be good for you.				
After all these	After all these months, I decided to fit. I'm thin but I need to be stronger.				
• James works	too much. His children don't want to spend time with him anymore. He needs to				
mc	re time with his family.				
• They never h	They never have time for anything! They're always busy but I don't see any progress. They				
need to	organized.				
Mario looks se	heavy! Even the skin of his neck is very dark. He absolutely needs to				
weight.					
Bertha looks :	o sick. She coughs all the time. She told me she wants to smoking.				
Kareem lost h	er job yesterday. With all this situation, she needs to money.				
<ul> <li>Louis volunte</li> </ul>	ers at the children's hospital every weekend. He loves to others.				

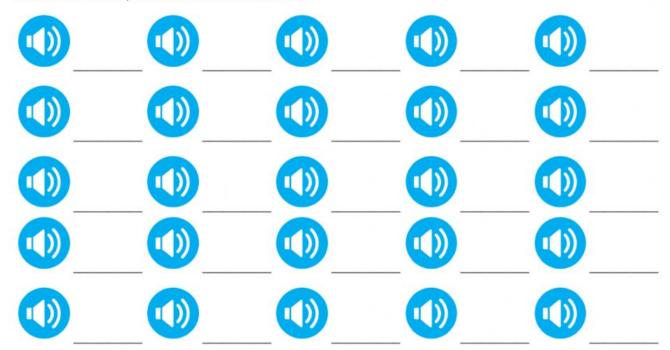


# Amelie wants to \_\_\_\_\_\_\_. She knows she's too fat and last week she almost had a heart attack, so young! • I barely see Andrew. He never has time for all of us. I had an accident and he didn't even come to see me. His wife told me she doesn't recognize him anymore. He needs to Julie has anxiety and gastritis; she gets home at 10 p.m. every day. She has to last year. I lost my job and had plenty of time to study. Now I have a great job and want to learn more. Mariah can't study and work at the same time. She says it is too difficult. I believe she just needs to \_\_\_\_\_ Reese is very unstable. He \_\_\_\_\_ many times this year. Mark wants to be a sports player. But he has unhealthy lungs, he can't run so fast and not getting tired. He needs to \_\_\_ • Stephany is going to the gym, she is on a diet since last year and now she wants to Markus went bankruptcy. He never \_\_\_\_\_ and always travels and buys fancy clothes and cars. Diana is very caring. She helped me with my work last week. She helped her grandparents paint their house yesterday. She even volunteered at the community center for five days straight! She definitely likes to \_\_\_\_\_\_.

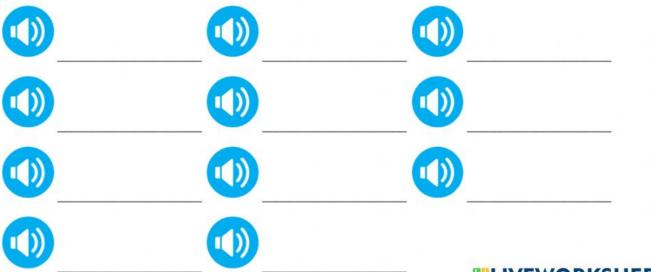
Choose the correct option to complete the sentences.



#### Click on the icon, listen and write the words.



### Click on the icon, listen and write the phrases.



**BLIVEWORKSHEETS**