

1. Match the headings with the paragraphs.

- a) Believe in yourself
- b) Focus on the positive side
- c) Be around positive people
- d) Build a strong desire to be positive

2. Match the definitions with the underlined words in the text.

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|---|----------------|
| a) a settled way of thinking or feeling about something | 1. merit |
| b) to accept that something is true or exists | 2. innate |
| c) to improve something | 3. attitude |
| d) good qualities that deserve praise | 4. enhance |
| e) inborn; natural | 5. acknowledge |

3. Answer the following question according to the text.

Do you think a person should get help from others to start thinking positively or can she or he do it by herself/himself? Explain your reasons.

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