

1 Match the headings (a-e) with the paragraphs (1-5).

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|---|---|
| a) Repeating a goal makes it stick. | d) Specific, realistic goals work best. |
| b) Roadblocks don't mean failure. | e) Pleasing other people doesn't work. |
| c) It takes time for a change to become an established habit. | |

2 Mark if the statements are True (T) or False (F).

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|--|--------------------------|
| a) You can reach your goal easily if it is specific. | <input type="checkbox"/> |
| b) It may take two months to change an old habit of yours. | <input type="checkbox"/> |
| c) Never write down your goal if you don't want to fail. | <input type="checkbox"/> |
| d) You should reach your goal to make other people happy. | <input type="checkbox"/> |
| e) If you can't achieve your goal, you should try again. | <input type="checkbox"/> |

3 How good are you in goal setting? Which of the suggestions above do you follow?
