

Grammar Focus - Fill in the blanks:

1. You _____ (exercise) more if you want to stay fit.
2. She _____ (apologize) for her mistake.
3. You _____ (leave) now, or you'll be late.

Vocabulary

Match the vocabulary with the appropriate sentence:

1. It's a good idea to...
 2. You might want to...
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- a) _____ talk to your manager about your concerns.
 - b) _____ create a to -do list if you're feeling overwhelmed.

Write a short paragraph giving advice to someone who is facing a common problem (e.g., stress, decision -making).

➤ Use at least three modal verbs and advice expressions.

Example:

If you're feeling overwhelmed by your workload, you should start by organizing your tasks. You ought to ask for help if needed. You had better take regular breaks to avoid burnout.