

- What free time activity do you most enjoy? (Why?)
- What sort of work would you like to do in the future? (Why?)
- Do you think you spend too much time working or studying? (Why? / Why not?)
- Do you like using the internet to keep in touch with people?
- Have you celebrated anything recently? (How?)
- If you could travel to one country in the world, where would you go? (Why?)
- How important is it to you to spend time with your family? (Why? / Why not?)
- Who do you think has had the greatest influence on your life? (Why?)

1. accomodation

10. embarrassing

2. advertisment

11. expecially

3. enviroment

12. recived

4. belive

13. beatiful

5. becouse

14. comunicate

6. beggining

15. sincerly

7. confortable

16. writting

8. bycicle

17. nowlegeable

9. convinient

Why perfectionism isn't perfect

Mary thinks that because it is only a '(1)', perfectionism cannot be achieved.

Mary thinks that musicians who are primarily concerned with their musical (2) may underperform.

Mary says that becoming obsessed with (3) is a problem experienced by many perfectionists.

Mary is convinced that language learners who concentrate on communication will find that their (4) also gets better.

Mary is concerned that some young athletes may be so worried about (5) that they are unwilling to participate.

Mary's tip for perfectionists is to set a (6) for every task.

According to Mary, it's useful to remember the phrase '(7) ' when doing tasks such as giving a presentation.

Mary thinks that people should be satisfied with achieving their (8) without worrying about being perfect.

Then I decided

I'm considering

I keep

- 1 Then I decided to run / *running* fast for ten minutes.
- 2 I'm considering *to take* / *taking* the company that runs the gym to court.
- 3 I keep *to think* / *thinking* how disastrous it could have been.
- 4 I was frantically trying *to stop* / *stopping* it by digging ditches.
- 5 In the end, I just gave up *to dig* / *digging* and got out as quickly as possible.

HIGH achievers



Very few people can claim that they have achieved all that they'd ever **hoped** (1)

(achieve). So what is stopping you right now from making a much greater contribution to society? What is **preventing you** from (2) (fulfil) your potential? You don't want to look back in twenty years' time and **regret** not (3) (have) tried hard enough. Here are some possible reasons:

- You do not have enough belief in yourself. All successful people have enormous self-belief. They know that they have something special to contribute and they **expect** (4) (make) their mark.
- You are too comfortable where you are. Why try something new when you are already doing what you are good at? High achievers go further. They grab every opportunity and are **prepared** (5) (take on) difficult challenges. This means that they **risk** (6) (fail) again and again. Do you **dare** (7) (leave) your comfort zone or do you **avoid** (8) (take) risks?
- You're not **forcing yourself** (9) (work) hard enough. Either that or you **keep** (10) (do) unproductive tasks. If you have clear goals but are not making progress towards them, **consider** (11) (increase) your activity level. Picasso painted over 20,000 pictures. Persistence pays dividends.
- You are not mixing with high achievers. Let's face it – your friends and family are really nice people but they are not challenging you enough. Spend more time with high flyers and positive thinkers who understand what it takes to succeed. They will **help** (12) (turn) your dreams into reality.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1 verb + <i>-ing</i> 2 verb + infinitive 3 verb + infinitive without <i>to</i> 4 verb + object + infinitive 5 verb + object + <i>-ing</i> | |
|---|--|

- 1 Which sentence means Frank no longer buys a newspaper?
A Frank stopped to buy a newspaper.
B Frank stopped buying a newspaper.
- 2 Which sentence expresses regret for something that was said in the past?
A I regret saying you were wrong.
B I regret to say you were wrong.
- 3 Which sentence refers to the time before Alice booked the appointment?
A Alice remembered to book an appointment at the dentist.
B Alice remembered booking an appointment at the dentist.

First of all, I suggest ~~to take~~ the overnight train to Vienna. *taking*

Part of my job is to help maintaining the machinery in good working order.

I would strongly recommend to sail rather than going by plane.

I hope you won't need phoning me, but if you do, you needn't to worry about the cost. I'll pay.

I never considered to do anything except being a teacher.

I told my department manager that I objected to work at weekends.

1 You didn't switch on the answering machine!
(forgot)

.....

2 Rosie wishes she hadn't stolen the CD.
(regrets)

.....

3 I tried to interrupt them, but they just
continued to talk. (went on)

.....

5 Don't worry about me! (stop)

.....

6 I have no memory of locking the front door.
(remember)

.....

7 After his talk, the speaker answered questions
from the audience. (went on)

.....

8 I'll always remember riding a horse for the
first time. (forget)

.....

10 Please make sure that you feed the dog.
(remember)

.....

1 How are you going to turn your dreams into reality?

2 What ambitions have you fulfilled so far?

3 How do you feel about leaving your comfort zone?

4 What do you think is the best way to make a
contribution to society?