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## 5 Proven Tips to Stay Committed to Your Goals

### Description

Many of us want to make big changes, like going to the gym more, eating healthier, or spending less time on social media. But it can be hard to stick to these plans.

A review of studies shows that our habits are the biggest reason we find it difficult to change. Understanding why it's good to change is not enough. Our habits control our actions every day.

Philosopher William James said we are “bundles of habits.” He would be worried about how often people check their phones.

Recent research shows that habits come from two parts of the brain. One part helps us respond automatically to things around us. The other part helps us make decisions about our goals. This helps explain why we might scroll on social media or focus on work.

### Here are five tips to help you with your habits:

#### 1. Forget the 21-day rule

There is no magic number of days to form a habit. Some habits can take a long time to stick.

#### 2. Use rewards

Reward yourself for good habits. This can help you repeat the behavior.

#### 3. Stack your habits

Link a new habit to something you already do. For example, flossing after brushing your teeth.

#### 4. Watch for stress

Stress can make old habits come back. Find ways to relax to stop this.

#### 5. Plan ahead

When you know you may feel lazy, have a plan. For example, if you want a snack, plan to go for a walk instead.

You can change your habits with these simple steps!

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## Vocabulary List:

1. **Habits** /'hæb.ɪts/ (noun): Regular patterns of behavior that are often difficult to change.
2. **Automatic** /ˌɔː.tə'mæt.ɪk/ (adjective): Working by itself with little or no direct human control.
3. **Decisions** /dɪ'sɪʒ.ənz/ (noun): Choices made after consideration.
4. **Stress** /streɪs/ (noun): A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
5. **Rewards** /rɪ'wɔːrdz/ (noun): Something given in recognition of service effort or achievement.
6. **Relax** /rɪ'læks/ (verb): To make or become less tense or anxious.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is the distance around a circle called?  
Option: Radius  
Option: Diameter  
Option: Circumference  
Option: Area
2. Which type of food should be limited in a healthy diet?  
Option: Fresh  
Option: Processed  
Option: Organic  
Option: Homemade
3. What is physical activity done to improve health called?  
Option: Break  
Option: Exercise  
Option: Rest  
Option: Diet
4. What is the possibility of something bad happening called?  
Option: Award  
Option: Risk  
Option: Reward  
Option: Challenge
5. Which type of factors are inherited from parents?



- Option: Environmental
- Option: Genetic
- Option: Lifestyle
- Option: Dietary

6. What term describes a person who is significantly overweight?

- Option: Underweight
- Option: Obese
- Option: Athletic
- Option: Average

7. What term refers to a range of different things?

- Option: Uniformity
- Option: Diversity
- Option: Similarity
- Option: Consistency

8. What are the activities related to selling products or services?

- Option: Production
- Option: Sales
- Option: Innovation
- Option: Distribution

9. What is the total number of people living in a specific area?

- Option: Traffic
- Option: Population
- Option: Immigration
- Option: Territory

10. What encompasses the social behavior and norms of a specific group?

- Option: Music
- Option: Culture
- Option: Science
- Option: Sport

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Education is \_\_\_\_\_ for personal growth and development.

12. Due to climate change the frequency of extreme weather events is \_\_\_\_\_.



13. The system can perform \_\_\_\_\_ updates without user intervention.
14. Developing good study \_\_\_\_\_ can improve academic performance.
15. Regular exercise provides numerous health \_\_\_\_\_.
16. Excessive workload can lead to high levels of \_\_\_\_\_.
17. People \_\_\_\_\_ festivals to mark special occasions.
18. Setting an alarm is a useful \_\_\_\_\_ to wake up on time.
19. Online shopping offers the \_\_\_\_\_ of shopping from home.
20. Hard work is often recognized with \_\_\_\_\_ and promotions.
21. It is important to \_\_\_\_\_ junk food consumption.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

22. Scientists who conduct experiments and studies to expand knowledge in their field.
23. Individuals involved in a research study or an event.
24. Eating fruits and vegetables is for overall health.
25. The disappearance of a species from the Earth.
26. Evaluating similarities and differences between two or more things.
27. Remnants or impressions of ancient organisms preserved in rock.
28. A decline in cognitive function beyond normal aging.
29. The way in which two or more people or things are connected.
30. A series of actions or steps taken to achieve a particular result.
31. A feeling of emotional or physical tension.



## Answer

**Multiple Choice:** 1. Circumference 2. Processed 3. Exercise 4. Risk 5. Genetic 6. Obese 7. Diversity 8. Sales 9. Population 10. Culture

**Gap-Fill:** 11. Important 12. Increasing 13. Automatic 14. Habits 15. Benefits 16. Stress 17. Celebrate 18. Reminder 19. Convenience 20. Rewards 21. Limit

**Matching sentence:** 1. Researchers 2. Participants 3. Beneficial 4. Extinction 5. Comparison 6. Fossil 7. Dementia 8. Relationship 9. Process 10. Stress

## CATEGORY

1. Health - LEVEL1

### Date Created

2025/03/04

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