



5 Steps to Revitalize Your Life with Detox Plan

Description

Feeling tired or stressed? It might be time to tidy up your home, thoughts, feelings, and friends. Here's how:

1. Clean your home. Get rid of things you don't need. Organize your stuff to feel calm.
2. Take care of your body. Eat healthy food and drink water. Do exercises you like.
3. Focus on your mind. Relax with meditation or deep breathing. Be positive and kind to yourself.
4. Deal with emotions. Talk to someone you trust or write in a journal. Forgive yourself to heal.
5. Choose good friends. Spend time with people who make you happy. Stay away from negative people.

By doing these things, you will start to feel better. Remember, it's a journey, not a quick fix. Be kind to yourself and celebrate your progress every day.

Vocabulary List:

1. **Organize** /'ɔ:rgənaɪz/ (verb): To arrange or systematize in a structured manner.
2. **Meditation** /,medɪ'teɪʃən/ (noun): The practice of focusing the mind for a period of time.
3. **Emotions** /ɪ'moʊʃənz/ (noun): Complex psychological states involving physiological arousal and subjective experience.
4. **Forgive** /fər'gɪv/ (verb): To stop feeling angry or resentful towards someone for an offense.
5. **Positive** /'pɒzɪtɪv/ (adjective): Consisting in or characterized by the presence or possession of certain characteristics or attributes.
6. **Journey** /'dʒɜ:ni/ (noun): An act of traveling from one place to another; a process of personal change and development.

Comprehension Questions

Multiple Choice

1. What is one way to feel calmer according to the text?

Option: Eating healthy food



- Option: Cleaning your home
- Option: Taking time off work
- Option: Watching TV

2. How can you take care of your body according to the text?

- Option: Drink more caffeine
- Option: Eat healthy food and drink water
- Option: Avoid exercising
- Option: Get less sleep

3. What is recommended to relax the mind in the text?

- Option: Go for a run
- Option: Practice meditation or deep breathing
- Option: Watch a horror movie
- Option: Listen to loud music

4. How does the text suggest dealing with emotions?

- Option: Talking to a therapist
- Option: Writing in a journal or talking to a trusted person
- Option: Ignoring emotions
- Option: Bottling up emotions

5. According to the text, how should you choose your friends?

- Option: Spend time with people who make you unhappy
- Option: Stay away from everyone
- Option: Spend time with people who make you happy
- Option: Only make friends online

6. What does the text emphasize regarding feeling better?

- Option: It happens instantly
- Option: It is a continuous journey
- Option: It requires no effort
- Option: It depends on others

Answer

Multiple Choice: 1. Cleaning your home 2. Eat healthy food and drink water 3. Practice meditation or deep breathing 4. Writing in a journal or talking to a trusted person 5. Spend time with people who make you happy 6. It is a continuous journey



Vocabulary quizzes

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

1. Which of the following is a key factor in overcoming self-doubt?
Option: A. Anxious
Option: B. Practice
Option: C. Economy
Option: D. Collaborating
2. What is the act of committing money or capital to an endeavor with the expectation of obtaining an additional income or profit?
Option: A. Spending
Option: B. Meditation
Option: C. Investment
Option: D. Collaboration
3. Which step is crucial in improving performance and learning from mistakes?
Option: A. Forgive
Option: B. Feedback
Option: C. Struggle
Option: D. Opponents
4. What can hinder one's ability to perform well under stressful situations?
Option: A. Prepare
Option: B. Emotions
Option: C. Pressure
Option: D. Economy
5. Which program is typically designed to provide intensive training for a specific purpose?
Option: A. Bootcamp
Option: B. Collaboration
Option: C. Sustainability
Option: D. Practice
6. Who is a person who starts a business and is willing to risk loss in order to make money?
Option: A. Investors
Option: B. Advisors
Option: C. Entrepreneurs
Option: D. Organizers



7. Which skill is essential for managing events and activities effectively?

- Option: A. Anxious
- Option: B. Organize
- Option: C. Investors
- Option: D. Meditation

8. What is necessary for success and performance in any field?

- Option: A. Struggle
- Option: B. Confidence
- Option: C. Preparation
- Option: D. Collaboration

9. What is important for setting the tone of an event or gathering?

- Option: A. Practice
- Option: B. Feedback
- Option: C. Economy
- Option: D. Reception

10. Which term often describes the process of growth and development towards a goal?

- Option: A. Anxious
- Option: B. Journey
- Option: C. Spending
- Option: D. Struggle

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

11. Consistent _____ is vital for mastering any skill.

12. Building self-_____ takes time and effort.

13. Successful projects often involve strong _____ among team members.

14. Understanding the principles of _____ is key to financial stability.

15. Startups often seek funding from venture capitalists and angel _____.

16. Many successful individuals attribute their focus and clarity to daily _____ practices.

17. Managing your _____ can impact decision-making in high-pressure situations.



18. Learning to _____ oneself is crucial for personal growth and resilience.
19. Businesses are increasingly focusing on environmental _____ for long-term success.
20. Regular feedback can help improve overall _____ in various endeavors.
21. Competing against skilled _____ can push individuals to enhance their abilities.

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

22. Many athletes thrive under and use it to fuel their performance.
23. Overcoming challenges and persevering through can lead to personal growth.
24. Constructive is valuable for continuous improvement in any field.
25. Successful events rely on skilled and efficient to ensure smooth operations.
26. Making wise financial can lead to future prosperity and growth.
27. Maintaining a mindset can help individuals overcome obstacles.
28. An often takes calculated risks to bring innovative ideas to life.
29. Thorough is key to performing well under pressure.
30. Experienced can provide valuable guidance in navigating complex decisions.
31. among team members leads to innovative solutions and effective outcomes.

Answer

Multiple Choice: 1. B. Practice 2. C. Investment 3. B. Feedback 4. C. Pressure 5. A. Bootcamp 6. C. Entrepreneurs 7. B. Organize 8. C. Preparation 9. D. Reception 10. B. Journey

Gap-Fill: 11. practice 12. confidence 13. collaboration 14. economy 15. investors 16. meditation 17. emotions 18. forgive 19. sustainability 20. performance 21. opponents

Matching sentence: 1. pressure 2. struggle 3. feedback 4. organizers 5. investment 6. positive 7. entrepreneur 8. preparation 9. advisors 10. Collaboration

CATEGORY

1. Business - LEVEL1



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