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## 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.

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### Vocabulary List:

1. **Organize** /'ɔ:gənaɪz/ (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** /'ɪmʊʃənz/ (noun): Complex psychological states involving physiological arousal and subjective experience.
4. **Forgive** /fə'rɪv/ (verb): To stop feeling angry or resentful towards someone for an offense.
5. **Positive** /'pozɪtɪv/ (adjective): Consisting in or characterized by the presence or possession of certain characteristics or attributes.
6. **Journey** /'dʒɜ:rni/ (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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