

FOUNDATION LEVEL ENGLISH [Certificate/Diploma Levels]
UNSTRUCTURED GAP-FILL [Pair/Group] **EXERCISE – 15**

NAME:**LECTURE GROUP:****SCORE:** /20

Instructions: *Please write your answers (either a word or a phrase) in the space left below, you must discuss the answers with your own group(s) and prepare to tell the Tutor WHY you have chosen that answer ©*

TITLE? _____

Having a __1__ attitude, can actually bring about positive outcomes. There are many things you can do to __2__ that your attitude is the __3__ best it can be, whatever the situation. Here are five __4__:

Number one, whatever challenges you face, __5__ the future rather than on the past (although this is a __6__ difficult challenge for most of us). Do not just worry about who did what and who is to blame, focus on where you want to be and what you want to do to __7__ things better.

Number two, whenever you're __8__ with a conflict, dilemma or problem, you need to focus on the solution rather than the problem. Think and talk to yourself about the ideal solution, rather than wasting time reflecting on the situation but not __9__ anything about it. Solutions are inherently positive, __10__ problems are always negative.

Number three, assume that whatever situation you are facing at the moment is exactly the right situation you need to grow and __11__ better. Sometimes we do not realise that certain situations __12__ for a reason, and those situations have chosen us, not the other way __13__.

Number four, __14__ sure to note down whenever you have a goal that is unachieved, a difficulty that is unresolved, or a problem that is blocking you from __15__ where you want to go. Leave them be for a while, and then come back to them when you are __16__ relaxed and focused.

And number five, __17__ think too much. Thinking is good, but if you think too much without really going anywhere you will __18__ make things worse. For __19__, you will become afraid to try out new things or you don't want to meet new people because you think that they might not like you. So, take things easy and live __20__ at a time.

** Original Material*

(Date) Week Ending: