

## Unit 12: Thinking about the future

### Reading: What ordinary people can achieve

- 1 Read the text below, then choose the correct heading (A–I) for each paragraph (1–6). There are two extra headings you should not use. Write your answers in the boxes provided. The first one (0) has been done for you.

#### **An interview with author David DeFord about his book *Ordinary people can achieve the extraordinary – a practical guide to goal achievement***

(0) \_\_\_\_\_

DeFord: It all came to me last year at a New Year’s party that I had been invited to. At some point a friend of mine asked the classic question: What’s your New Year’s resolution? I didn’t have one. In fact, I was a bit annoyed by the question itself, because I thought about all those resolutions people have around New Year’s Day but never take seriously.

(1) \_\_\_\_\_

DeFord: I do not have any numbers to prove my theory but I would say that the top three plans for the coming year are “stop smoking”, “lose weight and exercise” and “spend more time with family and friends”.

(2) \_\_\_\_\_

DeFord: For sure, there are some people who get their act together, stay focused and try to achieve the goals they have set themselves. The majority of people, however, are not determined enough to resist certain temptations.

(3) \_\_\_\_\_

DeFord: Not necessarily, but I just think their approach could be different. This is actually what I talk about in my book. I have met so many people who complain about their jobs, their partners, their children or their looks. They are very passionate about the fact that they want to change. If I ask them what they are already doing to change their lives, they usually do not know what to reply.

(4) \_\_\_\_\_

DeFord: Well, I am convinced that if you keep doing what you are doing at the moment, you will keep getting exactly what you are getting right now. If you really want to break this cycle, you need to change the way you approach your problems.

(5) \_\_\_\_\_

DeFord: Reading my book, people might for example find an answer to the question of how to finally take control of their future, how to find their “great one thing” or how to select the right goals. They will learn about the benefits of keeping a journal and about different ways to overcome their fears and doubts.

(6) \_\_\_\_\_

DeFord: If you want to break the – what I call – New Year’s resolution cycle, you need to focus and finally take some action. It’s all about setting yourself a goal and being determined and willing to do whatever it takes to eventually achieve it.

<b>A</b>	Would you say that people are not strong enough?
<b>B</b>	What made you write this book?
<b>C</b>	Would you say some people have got the wrong dreams?
<b>D</b>	Do you think that most people do not abide by their resolutions?
<b>E</b>	What are some of the issues that you address in your book?
<b>F</b>	What will happen if you do not change anything in your life?
<b>G</b>	What would you say are common New Year's resolutions?
<b>H</b>	What message are you trying to send to your readers?
<b>I</b>	Do you have an answer for people lacking determination?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>B</b>						

Language: Extroverts

- 2 You are going to read a text about extrovert people and whether they have an easier life. Some words are missing from the text. Choose from the list (A–P) the correct part for each gap (1–13) in the text. There are two extra words you should not use. Write your answers in the boxes provided. The first one (0) has been done for you.

**Do extrovert people have an easier life?**

Do you see yourself as an extrovert (0) ... ? Today's society tells us that being an introvert

(1) ... is old-fashioned and makes your life much harder than it has to be. People who are (2) ... seem to have many benefits in everyday life. They are said to achieve higher job positions, tend to be better paid and find partners more (3) ... . But is it true that holding back and displaying (4) ... can have a negative effect on your (5) ... and professional life?

While it must be said that most people respond (6) ... to an open attitude and a (7) ... behaviour, this does not mean that introverts are automatically perceived as (8) ... or unsociable. Even if you are a shy person, you can send the right (9) ... in almost every social context. For example, you can easily communicate that you are interested in what others have to say by holding eye-contact and nodding. Smiling goes a long way, too, if you are too timid to speak your mind (10) ... . So instead of trying hard to be something you are not, make sure the (11) ... you try to communicate are the right ones. You might already have discovered that (12) ... behaviour that does not fit your personality is usually not successful. People will perceive you as more honest and (13) ... if you admit to your weaknesses and work on improving your strong points.

- |                      |                     |                            |                     |
|----------------------|---------------------|----------------------------|---------------------|
| <b>A</b> adopting    | <b>E</b> extroverts | <b>I</b> messages          | <b>M</b> positively |
| <b>B</b> charming    | <b>F</b> initially  | <del><b>J</b> person</del> | <b>N</b> shyness    |
| <b>C</b> differently | <b>G</b> likeable   | <b>K</b> personal          | <b>O</b> signals    |
| <b>D</b> easily      | <b>H</b> openness   | <b>L</b> personality       | <b>P</b> unfriendly |

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
J													

Key

exercise 1

0	1	2	3	4	5	6
B	G	D	A	I	E	H

exercise 2

0	1	2	3	4	5	6	7	8	9	10	11	12	13
J	L	E	D	N	K	M	B	P	O	F	I	A	G