

4 Read the text below and decide which answer (a, b, c or d) best fits each gap.

Having a bucket list is something that can

0. ★★★ us to achieve what is most important to us before it is too late.

New experiences and dreams can boost our spirit in ways that nothing else can. Whatever your goals or dreams are, there are benefits of turning them into a bucket list that can

1. ★★★ you to lead your version of an ideal life. Here are some benefits of having a bucket list.

Gets You Excited: Many people's sleepless

nights are the effects from having a mind filled with 2. ★★★ tasks for the next day. But, what if what kept you up at night were thoughts of planning your dream vacation or taking up a new course. Then being awake would be because of excitement, a reason to get up early in the morning and stay up late at night.

When you are 3. ★★★ in the routine of daily life, it can be difficult to get excited about your life. A bucket list can create an excitement 4. ★★★ in your soul.

Motivates You: Without motivation, your dream will be nothing more than that; it is the necessary energy that helps you 5. ★★★ your dreams. In order to truly get motivated, you need to know what you really want, and writing a bucket list will help 6. ★★★ exactly what that is. These goals will then be the 7. ★★★ of your motivation.

Pushes the Boundaries of Your Comfort Zone: It has been said that life begins at the end of your comfort zone, so then why are so many people afraid of 8. ★★★ outside of it? I will tell you why. Being inside your comfort zone minimises stress and risk, keeping you at a low anxiety level.

Unfortunately, if you stay inside of these boundaries you'll be missing out on the incredible benefits of 9. ★★★ a risk. Leaving your comfort zone can lead to personal growth; teaching you valuable lessons, increasing your confidence and limiting regrets. Once you step out of the norm, that's when the world is truly at your feet.



0.	a. bring	b. guide	c. take	d. give
1.	a. push	b. create	c. rescue	d. determine
2.	a. counting	b. countable	c. counted	d. countless
3.	a. stuck	b. keep	c. maintain	d. have
4.	a. end	b. deep	c. bottom	d. top
5.	a. extend	b. realise	c. hope	d. create
6.	a. check	b. reverse	c. avoid	d. determine
7.	a. ground	b. leaf	c. root	d. trunk
8.	a. occurring	b. acting	c. riding	d. stepping
9.	a. taking	b. making	c. putting	d. living