

# THiNK SELF-ESTEEM

## Life changes

1 Complete the table with your own ideas.

	One positive change	One negative change
You change your diet to include more fruit and vegetables.	<i>I'm healthier.</i>	<i>It involves more cooking.</i>
You take up a new sport/form of exercise.		
You go to bed earlier.		
You get up earlier.		
You spend less time online.		
You spend more time outside, in nature.		

2 **SPEAKING** Work in small groups. Compare your ideas.