

# A world inside

## Guided reading

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### Are you living your life purpose?

- A) I'm sure you've heard the question many times and perhaps you are still pondering the answer! I am often asked by women "how do I figure out my purpose?" Is there a process? Is there a formula? Am I supposed to just know what "it" is? And how can I make money out of it?
- B) I know that I am *blessed* because, from a very young age, one thing I knew for certain was that I wanted to be a teacher. While I didn't go to university and actually progress into that specific career choice, my work in the past 30 years has been that of *facilitator*, trainer, coach and speaker — that's as good as being at the front of a classroom, as far as I am concerned. There were many times, however, on my life journey that I was employed and in various jobs — and just going along, day in and day out. Once I had a taste of self-employment though, I was off to the races — but that journey, too, has had many bumps along the way.
- C) So many people go through life unhappy with their careers and their lifestyles because they have never found the answer to that life purpose question. Instead, they have "settled". When you do understand the purpose for your life, you will enter into the greatest joy, peace and place possible.
- D) One of the reasons why many women are "stuck" when it comes to this question is past conditioning — living life to someone else's expectations. In the work I do with my clients, here are some of the typical questions I ask them — they may help you uncover your own life purpose and get *unstuck*.

**1. What is one thing that really excites you — that you could do all day long without being paid?**

- E) What are some things that you do that actually make your toes curl with absolute joy? Take notes for a few days and keep a list. For me, when I was in a particular job a few years ago, I put a happy face beside the items that really made me happy, and it became quite clear that I needed to get back to the work that I so loved.

**2. What is your natural talent?**

- F) For me, I realize that it is public speaking. Now you've got to understand that when I tell my mother about any new speaking engagement, she *cracks* right *up*. Apparently, in elementary school, I was so very shy that she had to literally drag me out from under a chair to get me to go to school. Go figure! Well, that changed quickly as I grew into my adult years — for which I am grateful because I not only have the ability now to touch many, many lives, but I get paid very well for doing so. What comes to you naturally and how can you turn that into a business?

**3. What thoughts or dreams are impossible to get out of your mind?**

- G) When I was working at that job, I gave it my all — I really did, heart, body, mind, spirit and soul — and I wasn't sleeping at night. While, for the most part, the job was a great fit for me and I knew that I was, in fact, still making a difference, it wasn't where I belonged. What is keeping you awake at night?

**4. What are you prepared to commit to — no matter what?**

- H) Being an *entrepreneur* and having your own business is no easy feat. Certainly there are great benefits to it — flexible hours, being your own boss, charging what you're worth and so on. There is also the “down side” to it, flexible hours, being your own boss and charging what you're worth — yes sir, it's the same list! I am serious about this. Many women in business struggle financially, because they do not have the discipline to manage the flexible hours, they feel extremely lonely being their own boss and they have tremendous fear about charging what they're worth — many feel like a fraud.

**5. Where / How have you helped people?**

- I) Sometimes the answer is staring you right in the face — you may have been “coaching” people all your life, and didn't realize that's what “it” was. Consider having a conversation with some of your good friends — you know, the ones who come to you all the time because of your creativity, your problem-solving, your hospitality — whatever “that” is. Ask them some questions about the outcomes / results that you have provided. Your answer may be right there.

- J) Once you have become clear on your purpose, have identified a way to make a business out of it (or, you're already in that business), then it is essential to have the processes and systems in place to make it *viable* — so that you can make money. It's one thing to be living your purpose — but you're not running a charity! The critical “next steps” are to create the systems, processes, and procedures necessary so that your business runs like a lean, mean machine. This, my friends, is where many women give up — throw in the towel — because they are exhausted and they are not making any money. They are “three feet from gold”!

### Conclusion

- K) It really is possible to live your purpose, have a thriving and successful business doing so and touch lives around the world. To be successful, you must know what *transformation* you offer, be clear about your niche market (目标市场) (or, who needs you out there), charge what you're worth and stay focused on your talent. This is the formula for living your best life!

(949 words)

## I Exercises

### 1 Reading comprehension

Read the following 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Write down the corresponding letter before each statement.

- \_\_\_ 1. You can find out your natural talent and make a living by it.
- \_\_\_ 2. By talking with your friends who get help from you all the time, you may be able to figure out your life purpose.
- \_\_\_ 3. It is possible for you to live your purpose, make a business out of it and meanwhile help others with it.
- \_\_\_ 4. Lots of people are unsatisfied with their jobs and lifestyles because they don't know what their life purposes are.
- \_\_\_ 5. One reason why many women have no idea about their life purposes is that they live their lives to others' expectations.
- \_\_\_ 6. The author knew for sure that she desired to be a teacher when she was very young.

- \_\_\_ 7. In order to find your life purpose, you can try noting down the things that make you excited.
- \_\_\_ 8. The advantages of being an entrepreneur can also be its disadvantages.
- \_\_\_ 9. The author once devoted herself to a job, but she could not find a sense of belonging in that job.
- \_\_\_ 10. It is essential that you make money out of your life purpose after you have known what it is.

## 2 Contextual reference

Match the words and phrases in Column A with their meanings in Column B. You need to decide the meanings of the words and phrases in the context of the passage.

A	B
___ 1. blessed	A. capable of working successfully
___ 2. facilitator	B. highly favoured or fortunate
___ 3. unstuck	C. a complete change in sb or sth
___ 4. crack up	D. freed from sth that it was stuck to
___ 5. entrepreneur	E. sb who helps a group of people to do things effectively
___ 6. viable	F. sb who starts a business venture, taking on financial risks in the hope of profit
___ 7. transformation	G. to suddenly laugh a lot at sth

## II Reading skills

Go through the following tips to Reading comprehension and learn the reading skills employed.

1. 【答案】 F

【题眼】 You can find out your natural talent and make a living by it.

【定位】 第二个小标题: What is your natural talent? 以及F段中最后一句 What comes to you naturally and how can you turn that into a business?

【解析】 细节题。由题中关键词 natural talent 可快速定位到第二个小标题段。另外, F段最后一句中的 what comes to you naturally 即题中的 your natural talent, 而 turn that into a business 意即题中的 make a living by it, 因此答案为F。

2. 【答案】 I
- 【题眼】 By talking with your friends who get help from you all the time, you may be able to figure out your life purpose.
- 【定位】 I段第二、三、四句：Consider having a conversation with some of your good friends — you know, the ones who come to you all the time because of your creativity, your problem-solving, your hospitality — whatever “that” is. Ask them some questions about the outcomes / results that you have provided. Your answer may be right there.
- 【解析】 细节题。首先由关键词get help from you可快速定位到第五个小标题段。另外，题中的your friends who get help from you all the time即I段第二句中的the ones who come to you all the time, 以及you may be able to figure out your life purpose也是对第四句的同义转换，因此答案为I。
3. 【答案】 K
- 【题眼】 It is possible for you to live your purpose, make a business out of it and meanwhile help others with it.
- 【定位】 K段第一句：It really is possible to live your purpose, have a thriving and successful business doing so and touch lives around the world.
- 【解析】 主旨题。由题目可知这是一句总结性的话，根据对文章的整体理解，可知出题点在文章的结尾。进一步阅读发现，题目为K段中的第一句话的同义解读，因此答案为K。
4. 【答案】 C
- 【题眼】 Lots of people are unsatisfied with their jobs and lifestyles because they don't know what their life purposes are.
- 【定位】 C段第一句：So many people go through life unhappy with their careers and their lifestyles because they have never found the answer to that life purpose question.
- 【解析】 细节题。根据题目中的关键词unsatisfied with their jobs and lifestyles找到C段第一句中有类似表达go through life unhappy with their careers and their lifestyles, 题目中的they don't know what their life purposes are即为they have never found the answer to that life purpose question，因此答案为C。
5. 【答案】 D
- 【题眼】 One reason why many women have no idea about their life purposes is that they live their lives to others' expectations.

**【定位】** D段第一句：One of the reasons why many women are “stuck” when it comes to this question is past conditioning — living life to someone else’s expectations.

**【解析】** 段落主旨题。根据题目中 to others’ expectations 可定位到D段第一句，根据上下文可知 many women are “stuck” when it comes to this question, 即 many women have no idea about their life purposes, living life to someone else’s expectations 即 they live their lives to other’s expectations, 因此答案为D。

6. **【答案】** B

**【题眼】** The author knew for sure that she desired to be a teacher when she was very young.

**【定位】** B段第一句：I know that I am blessed because, from a very young age, one thing I knew for certain was that I wanted to be a teacher.

**【解析】** 段落主旨题。根据题目中的 to be a teacher 可定位到B段第一句，因此答案为B。

7. **【答案】** E

**【题眼】** In order to find your life purpose, you can try noting down the things that make you excited.

**【定位】** E段第一、二句：What are some things that you do that actually make your toes curl with absolute joy? Take notes for a few days and keep a list.

**【解析】** 细节题。题目中的 noting down the things 与E段第二句中的 take notes 意思相近，另外 make your toes curl with absolute joy 即 make you excited, 因此答案为E。

8. **【答案】** H

**【题眼】** The advantages of being an entrepreneur can also be its disadvantages.

**【定位】** H段第二、三句：Certainly there are great benefits to it — flexible hours, being your own boss, charging what you’re worth and so on. There is also the “down side” to it — flexible hours, being your own boss and charging what you’re worth — yes sir, it’s the same list!

**【解析】** 段落主旨题。题目中出现的 advantages 和 disadvantages 与H段相应的 benefits 以及 down side 意思相同。句子最后出现了 it’s the same list 与题目表达意思一致。因此答案为H。

9. **【答案】** G

**【题眼】** The author once devoted herself to a job, but she could not find a sense of belonging in that job.

**【定位】** G段第二句：While, for the most part, the job was a great fit for me and I knew that I was, in fact, still making a difference, it wasn't where I belonged.

**【解析】** 细节题。由关键词a sense of belonging可定位到G段第二句中的it wasn't where I belonged，因此答案为G。

10. **【答案】** J

**【题眼】** It is essential that you make money out of your life purpose after you have known what it is.

**【定位】** J段第一句：Once you have become clear on your purpose, have identified a way to make a business out of it (or, you're already in that business), then it is essential to have the processes and systems in place to make it viable — so that you can make money.

**【解析】** 段落主旨题。由关键词make money可快速定位到J段第一句，once you have become clear on your purpose即you have known what it is，因此答案为J。

## Timed reading 1

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### Negative attitude: Causes, consequences and cures

#### The causes of negative attitude

##### 1. Limiting beliefs

- A) The main cause of negative attitude is wrong beliefs about life or certain aspects of it. You see the life through your beliefs and if your beliefs are negative, you will see your life as unhappy or downright (完全地) *pointless*. So to change such attitude you need to change your beliefs.

##### 2. Negative family / friends

- B) It seems that your friends and family affect how you feel and if your family are negative, they cause your bad attitude. That's, however, not the case because only you can decide how you feel. I know this may seem unreal to those who hear it for the first time, but you and only you can decide how to react to anything that happens to you. You don't have to get upset when someone tries to get you upset. You can choose to remain calm or even be happy. If you allow others to decide how you should feel, you let them have control over you. That's, of course, not a wise decision since people usually mind their own well-being first.

##### 3. Negative environment

- C) If you do not see the relation between your thoughts and the environment that you find yourself in, it's no surprise that you assume that you have no power to change it. So when you think you are *powerless* over your environment and your environment is negative, that causes your negative attitude. To change that you need to understand that your thinking led you to this environment and it wasn't so simply by accident. So to change your negative environment you need to change your thinking.

##### 4. Unsatisfying circumstances / life

- D) If you find yourself complaining about how unhappy you are, it's exactly the reason you have such a negative attitude. It may be hard at first to understand and accept



this but the quicker you do, the quicker you will be able to change your life for the better. Your complaining alone can keep you stuck in the circumstances that you find *unsatisfying*. So to change your life you should stop complaining and start working on improving your life.

### The consequences of negative attitude

#### 1. Negative attitude shortens your life.

- E) The more often you become angry, upset or frustrated, the less days you will have left to live. I know this is extreme, but that's how it is. You are shortening your life every time you let negative emotions overtake you.

#### 2. Such attitude creates unpleasant future.

- F) Your present actions determine your future. If you constantly moan and are dissatisfied with your circumstances, in the future you are sure to meet with more of the things you are unhappy about. The more you complain, the more things you will find to complain about.

#### 3. It harms others.

- G) Your negative mood affects people around you. You should never make others feel bad because by doing so you are contributing not only to your own *misery*, but to the unhappiness of others also.

#### 4. Such attitude produces negative effects.

- H) Every cause has an effect and so your negative attitude produces negative circumstances. Mostly people think it's the other way round, but that's not the case. Your thinking causes your circumstances.

### How to change negative attitude

- I) It is possible to change negative attitude, but it will not be easy. If you lived your life seeing only dark colours, you cannot turn this around in a day. However, by taking small and consistent steps you will gradually become a happier person.
- J) The best way to change your mental state is by understanding the outcome of *negativity*. Carefully read the consequences of negative attitude and they will serve as *reminders* as soon as your mood goes down. You will think twice before getting upset, angry or depressed. And yes, you cause your own mood and you can change it by simply focusing on good aspects of your life or imagining something positive. You are not at the mercy of different kinds of negative feelings that visit you when you least expect. You can control how you feel.

- K) As soon as you spot a negative aspect of a situation or thing, try your best to find its positive aspect instead. For example, if you oversleep, you will think that you will be late for work. Instead, try to find something positive that you gain from oversleeping. You may realize that your efficiency will increase significantly because of the extra hours of sleep. So always look at the positive aspects of any situation that you find yourself in.
- L) You should try to understand what causes your negative attitude. It might be that you live with a person who constantly ruins your mood or it may also be something to do with your past. Maybe something happened to you that made you deeply upset and you have not recovered from that incident since. Try to understand that the incident is long gone, and you should not live in the shadow of it. Your past can only have influence on your present if you let it. Remember, your whole power is in the present moment. Positive thinking is not enough. If you cannot find the cause of your negative attitude, you will only cover this attitude with positive words which will do no good to you. So try to find the cause of it and this will allow you to change your negative attitude.
- M) Sometimes causes are internal rather than external. In fact, any external cause will lead you to the deeper, internal cause. For example, you might understand that you are negative because your family makes you negative. But when you dig deeper, you may realize that you feel unworthy as a person and you project this *unworthiness* onto your family and that makes you angry at them. It's true that the qualities you don't like in other people are yours, so it's not others that are at fault but you. So in this example you uncover that it's your limiting belief of unworthiness that makes you negative. The next step will be to eliminate it and then your attitude will improve.

(1030 words)

## Exercises

### 1 Reading comprehension

Read the following 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Write down the corresponding letter before each statement.

- \_\_\_\_\_ 1. Change your negative thinking and then the negative environment might be changed.
- \_\_\_\_\_ 2. Your negative emotions will bring unhappiness to both yourself and people around you.

- \_\_\_ 3. Knowing the consequences of negative attitude is the best way to change your negative attitude.
- \_\_\_ 4. Negative beliefs about life are a major cause of negative attitude.
- \_\_\_ 5. If you can find the cause of your negative attitude, you will have a chance to change it.
- \_\_\_ 6. Negative family is not a necessary cause of negative attitude: You are the one to decide your feelings.
- \_\_\_ 7. Some causes of your negative attitude may seem external, but if you dig deeper, you may find that they are actually internal.
- \_\_\_ 8. Frequent anger and frustration can lead to a shorter life.
- \_\_\_ 9. You should look for the bright side when you notice a negative aspect of a situation.
- \_\_\_ 10. You can change your life by stopping making complaints and starting making an effort to lead a better one.

## 2 Contextual reference

Choose the best answer from the four options marked A, B, C and D. Remember looking up unfamiliar words in a dictionary is time-consuming and should only be done as a last resort.

1. You see the life through your beliefs and if your beliefs are negative, you will see your life as unhappy or downright *pointless*.

*Pointless* means \_\_\_\_.

- A) useful  
B) irrelevant  
C) meaningless  
D) careless

2. So when you think you are *powerless* over your environment and your environment is negative, that causes your negative attitude.

*Powerless* means \_\_\_\_.

- A) strong  
B) influential  
C) helpless  
D) purposeful

3. Your complaining alone can keep you stuck in the circumstances that you find *unsatisfying*.

*Unsatisfying* means \_\_\_\_.

- A) not up to expectations  
B) feeling satisfied  
C) not up to imaginations  
D) feeling empty

4. You should never make others feel bad because by doing so you are contributing not only to your own *misery*, but to the unhappiness of others also.

*Misery* means \_\_\_\_.

- A) suffering  
B) complaint  
C) poverty  
D) misunderstanding

5. The best way to change your mental state is by understanding the outcome of *negativity*.

*Negativity* means \_\_\_\_.

- A) something produced as a copy of real thing  
B) the ability to form mental images or pictures  
C) the tendency to expect the best in all things  
D) the attitude of someone who always sees the bad aspects of a situation

6. Carefully read the consequences of negative attitude and they will serve as *reminders* as soon as your mood goes down.

A *reminder* means \_\_\_\_.

- A) something that reminds you of a fact or person  
B) someone who helps you remember something  
C) something that helps you deal with something  
D) someone who helps you do something again

7. But when you dig deeper, you may realize that you feel unworthy as a person and you project this *unworthiness* onto your family and that makes you angry at them.

*Unworthiness* means \_\_\_\_.

- A) worthlessness  
B) meaningfulness  
C) aimlessness  
D) lifelessness

## Timed reading 2

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### Ten resolutions for maximizing your potential

- A) The New Year brings the opportunity for change. For many of us, it's a time to come up with resolutions. These resolutions are usually the same every year, or we stick to them for only a few weeks. If you have ever struggled to create what you want in the New Year or to keep your resolutions, consider that your current goals and the strategies to achieve them may not serve you best.
- B) Resolution is defined as “the process of reducing to simpler form”, which brings us to the *paradox* of resolutions: Instead of simplifying our lives, they dump more tasks, goals, or projects onto our agendas; we think that by achieving more, our lives will be more fulfilling and successful in the New Year. In order to make and keep your resolutions with the least amount of effort, start by improving your attitude and your approaches. Here are 10 resolutions that will enable you to maximize your potential and manage your life:
1. **Quit tolerating.**
- C) To attract new and better opportunities and results, first clear out what's *clogging* up your life and create space for improvements. List the things that you tolerate and which limit productivity, cause stress, and waste time and energy. Then determine what needs to happen to eliminate these problem areas. If you no longer accept being dragged down by unwelcome events, problems, or the behavior of others, you will stop wasting time managing these unnecessary and unwanted situations.
2. **Play your game.**
- D) The best game to play is one where you make up your own rules. If you encounter resistance in reaching some goals, chances are it's either something you really don't want to be doing, an old goal that may no longer serve you, or a part of someone else's agenda. Take the time to discover what you truly want by aligning your goals with the priorities in your life rather than with the “shoulds”.

### 3. Create a winning routine.

- E) Are you busy with tasks that consume you and your schedule? Do you feel that you're fighting the clock? Design a weekly routine that *complements* your goals, and focus on those activities that support your objectives and enhance your lifestyle. This includes planning for the unplanned as well. Make time your ally instead of your *adversary* by under-promising on your personal and professional deadlines. Develop a highly effective routine, get organized, eliminate distractions, reduce stress, and manage your tasks in order to reach and exceed your goals.

### 4. Have fun.

- F) Let's face it: This isn't our practice life! Are you doing the things that bring you the most joy? Find time every day that's yours. Shift your binoculars (双目望远镜) around to *magnify* your achievements rather than what you have yet to accomplish. Otherwise, when's the big payoff?

### 5. Deepen your learning.

- G) While we are attracted to what we need to learn, we often resist the lessons. If similar problems keep reappearing, we have obviously missed the lesson. To accelerate success, take a lesson from every experience and person — and write it down — in order to grow and progress onto a new and improved path.

### 6. Expand your vision.

- H) What does your ideal life look like? The fact is, we never grow past what we feel is possible. Let go of your current perceptions that restrain your ability to explore greater possibilities and achieve more. Clarify what success looks like in every area of your life — career, relationships, health, environment etc. It's a lot easier to create something great when you know exactly what you're looking for. Besides, it's your *canvas*. What masterpiece do you want to create?

### 7. Transcend your beliefs.

- I) Old limiting beliefs often keep us prisoner and prevent us from creating greater successes. Your outlook determines your outcome. So if you believe that “the past is responsible for one's quality of life today”, or that “success requires sacrifice”, or that “this is as good as it gets”, consider challenging these assumptions and replacing them with healthier ones to better serve you. Upgrade and direct your beliefs, and do not allow them to control you.

### 8. Do complete work.

- J) You don't have to achieve every resolution at once. Instead of stopping and starting a task, pick one thing you want to change, create, or finish and commit to seeing it through to completion. Then move onto the next project. To tackle too many tasks at

one time may mean that you are an adrenaline *junkie* and love the rush of working in overdrive. To prevent *sporadic* results and a pile of unfinished projects, get off of the adrenaline train and create the *impetus* that produces consistent and long-lasting results.

### 9. Focus on the present.

- K) During our quest to achieve more we often lose sight of what is occurring today. A strong focus on the future can prevent us from enjoying the hidden gifts or treasures that are already present in our lives. Keep focused on what is occurring now as opposed to what happened yesterday or what will occur in the future. Live for today while planning for tomorrow.

### 10. Be fearless.

- L) Every year we want more, but fear prevents us from taking risks, so we continually produce similar results. Since fear is the negative assumption of a potential (if unlikely) outcome, shift your focus towards the positive outcome or to what you want to *manifest*. Ignore that which you do not want.

(907 words)

## Exercises

### 1 Reading comprehension

Read the following 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Write down the corresponding letter before each statement.

- \_\_\_ 1. To maximize your potential, you should concentrate on neither yesterday nor tomorrow but the present.
- \_\_\_ 2. It's important to seize the day and engage yourself in what brings you the most joy.
- \_\_\_ 3. It's much easier to achieve some great goals when you know your anticipation clearly.
- \_\_\_ 4. Making a well-designed schedule helps you accomplish the goals in your life.
- \_\_\_ 5. In order to maximize your potential, you need to find out what you really want to do rather than what you should do.
- \_\_\_ 6. Your outlook on life decides your success or failure: Healthier beliefs are likely to lead to better outcome.

- \_\_\_\_\_ 7. To maximize your potential, it's important to conquer your fear and focus on the positive outcome.
- \_\_\_\_\_ 8. To achieve consistent results, you'd better pick and complete one thing you want to do instead of dealing with different problems at one time.
- \_\_\_\_\_ 9. To maximize your potential, you should first get rid of the things that are clogging up your life.
- \_\_\_\_\_ 10. To avoid making similar mistakes repeatedly, you should learn from every experience and person.

## 2 Contextual reference

There are two meanings after the word in *italics*. Choose the correct one using the given context and word-building skills. Remember looking up unfamiliar words in a dictionary is time-consuming and should be done as a last resort.

1. Resolution is defined as “the process of reducing to simpler form”, which brings us to the *paradox* (A. 结论 / B. 悖论) of resolutions: Instead of simplifying our lives, they dump more tasks, goals, or projects onto our agendas; we think that by achieving more, our lives will be more fulfilling and successful in the New Year.
2. To attract new and better opportunities and results, first clear out what's *clogging* (A. 疏通 / B. 阻塞) up your life and create space for improvements.
3. Design a weekly routine that *complements* (A. 配合 / B. 结束) your goals, and focus on those activities that support your objectives and enhance your lifestyle.
4. Make time your ally instead of your *adversary* (A. 对手 / B. 盟友) by under-promising on your personal and professional deadlines.
5. Shift your binoculars around to *magnify* (A. 肯定 / B. 放大) your achievements rather than what you have yet to accomplish.
6. Besides, it's your *canvas* (A. 水彩笔 / B. 油画布).
7. *Transcend* (A. 超越 / B. 改变) your beliefs.
8. To tackle too many tasks at one time may mean that you are an adrenaline *junkie* (A. 成瘾者 / B. 爱好者) and love the rush of working in overdrive.
9. To prevent *sporadic* (A. 集中的 / B. 分散的) results and a pile of unfinished projects, get off of the adrenaline train and create the *impetus* (A. 脉搏 / B. 推动力) that produces consistent and long-lasting results.
10. Since fear is the negative assumption of a potential (if unlikely) outcome, shift your focus towards the positive outcome or to what you want to *manifest* (A. 证明 / B. 否认).



## Timed reading 3

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### How to raise your self-worth

What is the definition of self-worth? Low self-worth is best described as having a low opinion of yourself and feelings of being unworthy. It can result in some common thoughts, actions, and behavior including:

- Low *motivation*
- Feeling stupid, fat, ugly, useless, or unwanted
- A sense of not being good enough or on equal ground with others
- Not feeling strong enough to handle things on your own
- Feeling judged by others
- Needing to be more articulate, prettier, smarter, richer etc
- Finding it hard to forgive yourself for making mistakes
- *Dissatisfaction* with life
- Depression
- Low energy levels
- Feeling helpless to change things
- Feeling either superior or inferior to others, never equal
- Withdrawn from social contact
- A sense of defeat and hopelessness

One of the problems of believing yourself to have low self-worth is that you will act according to the belief you hold. If you believe you are unworthy of love, you will act as though you are unworthy of love. If you believe you are an *outcast*, you will act as if you are an outcast. Your beliefs define your reality. In truth, you are so much more than what you believe about yourself. You are the breath of creation in human form, the combination of spirit and *physicality*. If you currently have low self-worth, there is hope! You can make a decision to change it.

#### Five ways to increase your self-worth

Raising self-worth is a very personal and often complex process. There is no one magic formula to make you believe you are a worthy individual. It takes time, effort, and

awareness to allow a sense of worth to deepen. Since strengthening your sense of worth takes motivation and action, you have to want and choose this as your goal before you can improve it. Dare to love yourself. It is your journey, and without your support, you are not going to get anywhere at all. However, if you are ready, below are a few suggestions that can and will actively build your self-worth.

**1. Realize you have control over your future.**

Encourage yourself to focus on the dreams and desires that are important to you. Begin by giving yourself permission to imagine and pretend that you are living your most perfect life. Once you have an idea of what goal or direction is important to you, decide to spend time, energy, and action involved in those *pursuits*. When you become involved with the things that are important to you, your sense of worth increases.

**2. Think better thoughts.**

Begin to notice your automatic thoughts. Are your inner voices supportive and loving, or critical and *abusive*? Consciously watch your thoughts as a *detached* observer. There is no need to fight your thoughts, pretend to ignore them, or even judge them. Instead, bring your thoughts out into the open. Acknowledge their existence, write them down, and speak them aloud. Sit back and say to yourself, “Isn’t that interesting that I am thinking these thoughts?” It’s okay to feel anxious, and you still love yourself. It is also okay to add the supportive and loving thoughts you really want to hear. Your thoughts are your responsibility and while you cannot eliminate negative thoughts, you certainly can learn to challenge them.

**3. Express yourself.**

Self-worth is your ability to feel free to be yourself. So it makes sense that if your self-worth is low, most likely you will invest your time role-playing, and pretending to be something, somebody, other than who you really are. You will find yourself behaving in ways others expect you to behave so that they will like you. Yet, inwardly you will feel self-critical, judgmental, and believe yourself to be different in some non-okay way. It is your right to be who you are, expressing your *innermost* truths, and not feeling like you must live up to someone else’s expectations. You have the right to say “No” when you mean no, or “I don’t care” when that is what you really feel inside. However, self-worth also includes your decision to communicate directly, state your preferences and opinions, and speak in a brief, assertive voice.

**4. To err is human.**

Self-worth is your ability to acknowledge your strengths and weaknesses while at the same time accepting yourself as worthy and worthwhile. If you want to raise your self-worth, allow yourself to gain a realistic perspective about mistakes, obstacles, *setbacks*, and failures. Failure is actually the only way to become successful. Although no one really

wants to experience failure, you can remind yourself that failure is a natural aspect of every ultimately successful journey. Think of misfortunes as temporary and specific instead of permanent and general. In other words, your current effort may have been unsuccessful, but that doesn't mean that your overall goal or dream is *unattainable*. Learn from your setback, revise your action plan, and begin again.

#### 5. Be responsible for your success.

Raising your self-worth includes being responsible for your own happiness and success. To achieve this, learn how to be your own best friend and supporter. Constantly tell yourself what a good job you are doing. Actively seek out evidence of your success. Praise your efforts. Learn to be excited by your choices. Recognize your many triumphs — however small they may seem. Self-worth is the overflowing of love and acceptance from within you directed to you. Decide you will allow yourself to feel successful with each step you take, no matter what the outcome is. It is enough that you have taken the step. You are enough.

Self-worth is your right to live and be happy. Follow these steps and you will find that you have set in motion forces that allow you to deepen your sense of self-worth. Good luck and good self-worth!

(975 words)

## Exercises

### 1 Reading comprehension

Go over the passage quickly and answer the following questions. For questions 1-7, choose the best answer from the four choices marked A, B, C, and D. For questions 8-10, complete the sentences with the information given in the passage.

- Which of the following is the result of low self-worth?
  - A sense of being on equal ground with others.
  - Feeling fearless to change something.
  - Being unwilling to contact others.
  - Finding it easy to forgive yourself.
- With the belief of low self-worth, your behaviour will mainly depend on \_\_\_\_\_.
  - others' comments on you
  - the belief you hold
  - the confidence you have
  - the inspiration from others

3. What is the most important thing to increase your self-worth?
  - A) A magic formula.
  - B) A clear goal.
  - C) Your own support.
  - D) Sufficient time.
4. The author points out that you should encourage yourself to focus on \_\_\_\_ if you want to control your future.
  - A) the bright side of the life
  - B) the things that make you happy
  - C) the people that are important to you
  - D) your dreams and desires
5. What is the correct way to deal with your automatic thoughts?
  - A) To fight them.
  - B) To ignore them.
  - C) To judge them.
  - D) To bring them out into the open.
6. What can you do if you can't clear up negative thoughts?
  - A) Learn to challenge them.
  - B) Learn to accept them.
  - C) Learn to forget them.
  - D) Learn to avoid them.
7. If your self-worth is low, you need to \_\_\_\_.
  - A) spend your time role-playing
  - B) pretend to be something
  - C) do something you like
  - D) feel free to be yourself
8. To raise your self-worth, you should have \_\_\_\_\_ about mistakes, obstacles, setbacks, and failures.
9. To increase your self-worth, you need to be responsible for your own \_\_\_\_\_.
10. No matter what the result is, you need to feel \_\_\_\_\_ with each step you take.

## 2 Contextual reference

Figure out meanings of the words in italics using only the context given and word-building skills.

1. Low *motivation*
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2. *Dissatisfaction* with life  

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3. If you believe you are an *outcast*, you will act as if you are an outcast.  

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4. You are the breath of creation in human form, the combination of spirit and *physicality*.  

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5. Once you have an idea of what goal or direction is important to you, decide to spend time, energy, and action involved in those *pursuits*.  

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6. Are your inner voices supportive and loving, or critical and *abusive*?  

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7. Consciously watch your thoughts as a *detached* observer.  

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8. It is your right to be who you are, expressing your *innermost* truths, and not feeling like you must live up to someone else's expectations.  

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9. If you want to raise your self-worth, allow yourself to gain a realistic perspective about mistakes, obstacles, *setbacks*, and failures.  

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10. In other words, your current effort may have been unsuccessful, but that doesn't mean that your overall goal or dream is *unattainable*.  

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