

# Cue Card

**Describe something that changed your life in a positive way**

**You should say:**

- . What it was**
- . When it happened**
- . How it happened**
- . And explain why it was a positive change**

**Please Note:**

**Our model answers teach you useful language and give you ideas. However, it is not a good idea to try and memorise them and repeat them in the IELTS exam.**

If you **take up** a sport or activity, you begin doing it

If you have **time on your hands**, there is a period of time when you have nothing you must do

If you are **at a loose end**, you are not busy and have no commitments or things you must do

A **golden opportunity** is a great chance to do/achieve something

to **binge on** something = to eat or consume something quickly and in large quantities, in a way which is not controlled

The thing I've done fairly recently, which I've found so beneficial, **is taking up** running. I started right at the beginning of the pandemic, so I've been doing it for a couple of years now. My classes were cancelled, and I found myself stuck in my apartment with **time on my hands, at a loose end**. I realised this was **a golden opportunity** to sort out my priorities. **I was bingeing on** YouTube videos, seeking inspiration, when suddenly I came across this Australian, extolling the virtues of physical exercise. I ordered running shoes and a hi-vis vest there and then.

The first time I ventured out, I felt really self-conscious. Everybody I passed seemed to be staring at me. As well as that, after two minutes of gentle jogging, I was petrified I was going to collapse or have a heart attack. I realised it would be more fun to run with somebody, so I texted a classmate who was a bit chubby, and keen to shed a few kilos. He jumped at the chance. I was extremely happy that he agreed to do it with me.

Slowly but surely, we improved. We pushed each other on. Within a month, we could manage four kilometres without stopping. We really got hooked on it. You get a huge adrenaline rush when you run – it raises your spirits and gives you self-esteem. Doing it with someone else is much better than doing it alone.

So, I'm immensely proud of myself. I stuck at it even when it was freezing cold or pouring down. I've proved to myself that I have willpower and stamina. And I've become more upbeat, more gregarious, and my powers of concentration have definitely shot up. I hope that I continue doing it and don't give up. They say that it takes 20 times of doing something to make it a habit. I have exceeded that now, so hopefully I'll stick at it for a long time.

to **extol the virtues of** something = to praise something and recommend it

If you feel **self-conscious**, you are nervous or anxious because you are worried what other people think about you

to be **petrified** = to be very frightened or scared

If you **collapse**, you fall down suddenly because you do not have any strength or support

to be **a bit chubby** = to be slightly overweight

to **shed a few kilos** = to lose some weight

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If you **jump at the chance**, you accept or take an opportunity very eagerly/enthusiastically

If you **get hooked on** something, you enjoy doing it so much that you cannot stop doing it

An **adrenaline rush** is a physical feeling of excitement, caused when the body releases a chemical/hormone connected with faster heart-rate and excitement

If something **raises your spirits**, it cheers you up and makes you feel better

**Self-esteem** is a belief in your own ability, quality and value

Prepare for {IELTS}

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If you **stick at** something, you continue doing it, even when it is difficult or when you meet obstacles/challenges

to **pour down (with rain)** = to rain very hard

**willpower** = the ability to control your thoughts and the way you behave

**stamina** = the strength to do something difficult which might take a long time

to be **upbeat** = to be full of hope and happiness

If you are **gregarious**, you love being with other people and are very sociable

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