

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
make a resolution	1	14	to make a promise to yourself to do something	phrase	A month ago I made a resolution to be more efficient this year and to never leave things to the last minute.	C2	ˌmeɪk ə ˌrez.əˈluː.ʃən
give up	1	14	to stop doing something before you have completed it, usually because it is too difficult	phrasal verb	Some of them have already given up for this year.		ɡɪv ˈʌp
do well	1	14	to do something in a successful or satisfactory way	phrase	Some of them have already given up for this year. Others are still doing well.		duː ˈwel
struggle with	1	14	to find it difficult to do something	phrase	Many, I suspect, like me are struggling with them.	B2	ˈstrʌɡ.l ɪ wɪð
take up	1	14	to start doing a particular activity	phrasal verb	I've taken up karate lessons and I've changed my diet.		teɪk ˈʌp
break a bad habit	1	14	to stop doing something that is bad or unhealthy	phrase	It's our brains. They're programmed to make it difficult to break bad habits.	B2	ˌbreɪk ə bæd ˈhæb.ɪt
form a good habit	1	14	to start doing something good or healthy regularly	phrase	Scientists have also discovered that it takes around ten weeks to form a good habit.	B2/C2	ˌfɔːm ə ɡʊd ˈhæb.ɪt
change your ways	1	14	to start behaving in a different, usually better, way	phrase	Maybe we want to change our ways and become better people but our brains won't let us.	C1	ˌtʃeɪndʒ jɔː ˈweɪz
retire	1	17	to leave your job and stop working, usually because you are old	verb	He says he wants to retire soon.		rɪˈtaɪə
start a career	1	17	to begin the series of jobs that you will do in your life	phrase	When he was in his early 40's he decided to return to the UK and start a career as a translator.		stɑːt ə kəˈrɪə
start a family	1	17	to have your first child	phrase	When he was 48 he met the love of his life and they decided to settle down and start a family.		stɑːt ə ˈfæm.əl.i
get promoted	1	17	to be given a more important job in the same organisation	phrase	Because he was good at his job he got promoted quite quickly and he was soon head translator.		ˌɡet prəˈmeɪ.tɪd
travel the world	1	17	to go to many different countries in all parts of the world	phrase	He spent the next twenty years travelling the world working in restaurants and hotels in many different countries.		ˌtræv.əl ðə ˈwɜːld
get a degree	1	17	to get the qualification that you get when you finish university	phrase	Because he could speak four different languages he decided to be a translator but he had to go to university and get a degree first.		ˌɡet ə dɪˈɡriː
settle down	1	17	to start living in a place where you intend to live for a long time	phrasal verb	When he was 48 he met the love of his life and they decided to settle down and start a family.		set.l ɪ ˈdaʊn
leave school	1	17	to stop going to school	phrase	He left school when he was 16 because he wanted to see the world.		liːv ˈskuːl
lifestyle	1	12	the way that you live	noun	It takes just under two months for our brains to feel happy with changes to our lifestyles.	B2	ˈlaɪf.staɪl
good intentions	1	13	good things that you plan to do	phrase	The bad news is that ten weeks is a really long time, so it's easy to give up on your good intentions sooner.	B2	ɡʊd ɪnˈten.tʃənz
earn a living	1	15	to get the money you need by working	phrase	How was James Joyce earning a living when he was 30?	B2	ɜːn ə ˈlɪv.ɪŋ
careers advisor	1	15	someone whose job is to help people choose the job they want to do	noun	I'm meeting the careers advisor this afternoon, and I've got no idea what I want to do when I leave school.	C1	kəˈrɪəz ədˌvaɪ.zə
What's up?	1	19	used to ask someone why they are unhappy	phrase	What's up, Mia?		wɒts ˈʌp
up to (an hour, etc.)	1	19	as much as but not more than a particular amount	phrase	I spend up to an hour every day practising.		ˈʌp tuː
be up to sth	1	19	to be doing or planning something	phrase	I wonder what she's up to.		biː ˈʌp tuː
be up late	1	19	to not go to bed until late at night	phrase	Every day I'm up late doing my homework.		biː ʌp ˈleɪt
be up to sb	1	19	If an action or decision is up to someone, they are responsible for doing or making it.	phrase	It's up to me to do something.		biː ˈʌp tuː
be up to sth	1	19	to have the energy or skill to do something	phrase	I don't know if I'm up to it.		biː ˈʌp tuː
now you mention it	1	19	used to show that something someone has said has made you think of something	phrase	Now you mention it, neither have I.		ˌnaʊ juː ˈmen.ʃən ɪt
Where have you been hiding?	1	19	used to ask someone where they have been when you have not seen them for a long time	phrase	Hi, Mia! We were just talking about you. Where have you been hiding?		ˌweə hæv ˈjuː biːn ˌhaɪ.dɪŋ
You're a star.	1	19	used to show that you are grateful for something someone has done for you	phrase	I'll get you a drink.' 'You're a star. That's just what I need.'		jɔːr ə ˈstɑː
Where shall I start?	1	19	used to show that you have a lot of things to say	phrase	So what's up, Mia? Why are you so busy?' 'Where shall I start?'		ˌweə ʃəl aɪ ˈstɑːt
Don't be silly.	1	19	used to say that someone does not need to worry about something	phrase	I'm not sure I'm up to playing in the orchestra.' 'Don't be silly. I'm sure it'll be fine.'		ˌdɒnt biː ˈsɪl.i
Here we go.	1	19	used to say that you are going to start something immediately	phrase	Here we go. I am <i>not</i> looking forward to this.		ˈhɪə wiː ˌɡəʊ
arrangement	1	15	plans for how something will happen	noun	We're meeting tomorrow to discuss arrangements for the competition.		ə ˈreɪndʒ.mənt
prediction	1	15	when you say what will happen in the future	noun	I wouldn't like to make any predictions about the result of this match.	B2	priˈdɪk.ʃən
intention	1	15	something that you want and plan to do	noun	She announced her intention to resign.	B2	ɪnˈten.ʃən
leave sth to the last minute	1	13	to do something at the last possible time, when it is almost too late	phrase	She's always complaining that I leave things to the last minute.	B2	ˌliːv tə ðə ˈlɑːst ˈmɪn.ɪt
criticise	1	16	to say that something or someone is bad	verb	A good friend never criticises you.	B2	ˈkrɪt.ɪ.saɪz
blame	1	16	to say or think that someone or something is responsible for something bad which has happened	verb	Life can be hard and when our plans don't work out it's often easy to blame others.		bleɪm
translator	1	17	someone whose job is to change written or spoken words from one language to another	noun	Because he could speak four different languages he decided to be a translator.		trænzˈleɪ.tə