

JUMBO CARD 7(9 IN 1)



THE AUSTRALIAN ACADEMY

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Jumbo 7(9 in 1)

1. Describe an article that you read from a magazine or newspaper
2. Describe the person in the news that you want to meet
3. Describe something you bought that was difficult to use at first
4. A person who taught you something important
5. Talk about someone who encouraged you to achieve a goal
6. Describe a person who has apologized to you
7. Talk about a goal that you achieved which was set by yourself
8. Describe the happiest day you had
9. Talk about a gift for which you spend a long time to choose

Life without goals always seems meaningless for me. So I keep on setting goals for myself and working diligently to achieve the same.

During my final exams of graduation, I had been burning the midnight oil to achieve good grades and pass my graduation with flying colors. In the pursuit of my studies, I had put everything on the backseat even my health. I got to realize this issue when I met my neighbor Pardeep after the exam. He made fun of me a lot since I had put on a lot of weight and was looking like a football.

It was a heart-wrenching moment for me. At the spur of the moment, I decided to lose weight and become fit as a fiddle once again.

I set the goal of losing 10 kilograms in a period of 3 months. I wasn't sure how easy or difficult the journey would be for me but I was determined to achieve it.

I started walking for 45 minutes every day and reduced my food intake. However, after a week or so I became impatient. I started to pine for enjoying noodles and burger which have been my all-time favorite.

Meanwhile, my cousin came to stay with us for a week regarding his job interview. We both have been enjoying amazing chemistry since childhood. He figured out

my dilemma and encouraged me with his self-experience. He shared how he himself lost a lot of weight by adopting changes in food habits and other routine activities. Having heard his stories, I decided to stay focused and worked hard without desiring to achieve hasty results. He made a diet plan and workout plan for me and suggested me to join gym as well.

I engaged myself in the practice of losing weight so much that whenever I was reading newspaper I never missed any piece of information regarding health. I read an article on weight management authored by Dr. Seema Malhotra. This article developed a clear picture in my mind in relation to balanced and healthy diet. Earlier, I had several myths for my eating habits, however, this article was so much informative and elaborative that all of my doubts vanished immediately.

I thought of purchasing a fitness-band that can monitor my heart rate and will include tools such as calorie counter, step counter, distance tracker and speed. So I invested around 2000 rupees and ordered it online. When I received that fitness band, I tried to operate it. Unfortunately, I failed to understand its functionality initially so I searched online and learned the functions of it. The fitness band, now, has become a companion for me.

After a month, I joined a neighborhood gym. Over there, I befriended with Mr. Amandeep who was a fitness trainer there. He guided and motivated me like a mentor. He Used to be very rigid with me so that I work out for a longer time. I developed a huge respect for him from the bottom of my heart.

One day, while surfing the internet, I read news about Milkha Singh who is known as the Flying Sikh. Though, I heard about him a lot but never paid any attention earlier. This time he made me curious to know more about his struggle to achieve the title of the flying Sikh. He was awarded the Padma Shri in recognition of Sporting achievements. After reading his life achievements, I started fantasizing to meet him personally.

After 3 months, when I measured my weight, I found that I had lost 10 kilograms which was my set target. I started jumping with happiness and hugged my coach as without his guidance it would have been a cry for the moon for me. That day

seemed to be the happiest day for me as the same day, I got my graduation result and I secured 80% marks.

I thought of purchasing a Souvenir for my coach to pay my gratitude towards him. I kept on searching in the market for a week but I didn't get anything appealing. In fact, I was clueless about what to gift him. So I discussed with my friend who suggested me to give him a customized coffee mug. I took an eye-catching picture of him and ordered for the mug. When I gifted my token of love to him, he was excited and elated to receive it.

Pradeep, who mocked at me for being overweight, came to me with a long face and apologized to me for the same incident. I forgave him immediately since his harsh words sparked an urge in me to reduce weight.

In the end, I would say that hard work is the key to success. So people should stay focused and determined to achieve the target.