**9年级英语第33课时 拓展任务**

阅读下面的短文，并根据所阅读的内容命题。

命题要求：一道细节题，一道主旨题，一道作者观点意图题；每道题配置四个选项。

We often reach a point in our life when we should be ready for change that will help us unlock our self-improvement power. However, there’s always something staring at us right under our nose but we don’t see it. The only time we think of unlocking our self-improvement power is when everything gets worst.

When do we realize that we need to change diets? When none of our shirts and jeans would fit us. When do we stop eating candies and chocolates? When all of our teeth have fallen off. When do we realize that we need to stop smoking? When our lungs have gone bad. We see the warning signs and signals when things get rough and difficult.

The only time most of us ever learn about unlocking our self-improvement power is when the whole world is falling apart. We think and feel this way because it is not easy to change, but change becomes more painful when we ignore (忽视) it.

Change will happen, like it or hate it. At one point or another, we are all going to finally unlock our self-improvement power not because the world says so, but because we realize it’s for our own good.

Happy people don’t just accept change; they embrace (拥抱) it. Unlocking our self-improvement power means unlocking ourselves out of the box of thought that is just the way we are. It is such a poor excuse for people who fear change.

Jane always tells everyone that she doesn’t have the courage to be around groups of people. She heard her family tell the same things about her to other people. Over the years, that is what Jane has believed. Every time a great crowd come, she steps back and locks herself up in a room. Jane not only believes in her story, but lives it!

Self-improvement may not be everybody’s favorite word, but if we look at things in a different way, we might have greater chances of enjoying the whole process instead of counting the days until we are fully improved. Three sessions in a week at the gym would result in a healthier life. Reading books every day would build up knowledge. And only when we are enjoying the whole process of unlocking our self-improvement power will we realize that we’re beginning to take things light and become happy.