

TOM KRUPA

TEDDY EXPERTY
introduces habits

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*I dedicate this book to my grandmother,
thanking her for all the moments spent
together.*

INTRODUCTION

We all have our life goals, specified more or less **precisely**. We want to be **fitter**, healthier, have better foreign language skills, master karate, or be perfect dancers.

precisely

=

dokładnie

fitter

=

sprawniejszy

There are two different ways to achieve goals. For example, if you want to learn a **foreign language**, you can do it from time to time.

foreign
language

=

język obcy

A good opportunity to study may be a test, an upcoming foreign holiday, or children from **abroad** visiting your school. Then we are driven by motivation and our so-called strong willpower. But it quickly turns out that this **willpower** is, in fact, quite weak...

abroad

=

za granicą

willpower

=

siła woli

astounding
=
zdumiewający

strive
=
starać się

habit
=
nawyk

postpone
=
odłożyć/
przełożyć

handle
=
radzić sobie
z czymś

The second, much more effective way is to introduce the daily **habit** of learning a language. And it's not about introducing long sessions. All it takes is just a few minutes a day, and over time, the effects become **astounding**.

We **strive** to make these activities as natural for us as brushing our teeth. This way, we will achieve our goals much faster and with better results.

However, habits have a dark side as well. It may become a **habit** to eat a lot of sweets, watch TV for a long time, or **postpone** important tasks until the last moment.

It seems that we all have problems with effectively introducing good habits and fighting bad ones. Therefore, it is worth knowing the methods that will help us to change this.

I want to tell you the story of how Teddy Experty **handled** this issue. I hope that his adventures will allow

you to better find your way in the world of habits.

Perhaps, following the example of the **resourceful** bear, you will be able to achieve your planned goals and make your life more **pleasant**.

resourceful
=
pomysłowy

pleasant
=
przyjemny

1.

AN UNUSUAL CHRISTMAS

lie
=
leżeć

melt
=
topnieć

thoughts
=
myśli

Teddy Experty was **lying** in bed, staring at the snow falling outside the window. Unfortunately, it **melted** immediately after falling to the ground. It was one week till Christmas, and instead of a holiday mood, there was only mud...

His **thoughts** were interrupted by Dad's voice:

“Experty, Natalie! Come here, quick. It's important.”

The **intrigued** children reached the living room in just a few seconds.

intrigued
=
zaciekawiony

“We have to make an important decision. We just got an invitation for Christmas from Uncle Fred from Paris,” Mom began.

“To be **honest**, we have serious doubts whether to go. There are only seven days left until Christmas.” Dad didn’t have a very happy face.

honest
=
szczerzy

“That’s why we would like to know what you think. Do you want to go to France?” Mom concluded.

“Yes! Yes!” the children shouted.

“Well, I don’t know... It’s going to get ugly for me at the company if I ask for vacation days again,” Dad **frowned** even more.

frown
=
marszczyć
brwi

“Maybe the kids are right. We could use a little change. And besides, they’ll have a chance to practice their French.” Mom had already made her decision.

Dad had no choice but to **surrender**.

surrender
=
poddąć się

sort it out
=
rozwiązać to

available
=
dostępny

wonder
=
zastanawiać się

suddenly
=
nagle

chills
=
dreszcze

forehead
=
czoło

terrified
=
przerażony

rehearsals
=
próby

excuse
=
wymówka

leave
of absence
=
urlop

“All right, I’ll try to **sort it out**. I’ll also see if there are any more plane tickets **available**.”

The bear returned to his room. He was very happy about the idea of going to Paris. He had never been so far away from home. He began to **wonder** what Christmas would look like in France.

But wait... Plane tickets? Did France have to be reached by plane?

Suddenly, the bear got scared. **Chills** went down his spine and sweat appeared on his **forehead**. Teddy Experty was **terrified** of flying!

He quickly ran into the living room to speak to his parents.

“We can’t go visit Uncle Fred! I have to be here between Christmas and New Year’s Eve. We have **rehearsals** for the school play!” the bear made up a quick **excuse**.

“Too late. I just paid for the tickets. Besides, Mom has already taken a **leave of absence** from work. We’re only



going for five days, so you won't miss a lot of rehearsals." Dad had taken down all of his son's arguments.

"But-but-but-but... I'm afraid of flying!" the bear cried.

Surprised, the parents looked at each other. Mom was the first to react.

"Son, you don't have to worry. In fact, a plane is safer than a car."

"I'm not flying and that's final!" Teddy Experty wasn't **convinced**.

"You can do whatever you want. But either way, Mom, Natalie, and I are going to spend Christmas at Uncle Fred's," Dad said calmly.

Teddy Experty went to his room sad. After a moment, he heard a familiar tune, and his friend, Gulden, began to **emerge** from the music box.

"Hey, Experty! I hear you're afraid of flying. I understand. The turbulence is really scary."

"Have you ever been on a plane?" said the bear.

convinced
=
przekonany

emerge
=
pojawić się

“Of course! On more than one occasion. Unfortunately, mainly in the **luggage compartment...**” He then **recalled** unpleasant memories. “But your Mom’s right. Statistics show that air travel is much safer than driving.”

luggage
compartment
=
**przestrzeń
bagażowa**

recall
=
**przypomnienie
sobie czegoś**

“But I’m still scared...”

“Just think how nice it will be to spend time with your uncle,” said the **spectral** friend.

spectral
=
widmowy

“I don’t think I have a choice. I just have to go. I don’t want to stay here alone...” said the bear sadly.

departure
=
wyjazd

Two days before **departure**, it was time to pack. Dad and Teddy Experty had to make an urgent trip to the store to buy new trousers. It turned out that the bear had only one pair of jeans that fit. The other pairs were too **tight** in the waist.

tight
=
ciasny

The trip to the store took over three hours. When they got back, Mom was cleaning up after dinner.

awful
=
okropny

“Sorry, but the lines at the store were just **awful**. Everyone’s doing pre-Christmas shopping,” Dad said, trying to explain why they were late for dinner.

traffic jams
=
korki

“That’s what happens before Christmas. When I was driving home from work, there were huge **traffic jams** everywhere,” Mom **nodded** her head with understanding.

nod
=
kiwnąć

Finally, the day of departure came. Teddy Experty had been feeling awful for a few days. Every now and then, his stomach **ached** and he had no energy.

ache
=
boleć

“What’s the matter, son?” his troubled mom asked.

mumble
=
bełkotać

“I don’t know. I guess I’m just stressed out about the trip,” the bear **mumbled**.

quite
=
dosyć

Despite the stressful flight, Christmas at Uncle Fred’s was **quite** pleasant. But unfortunately, Teddy Experty was unable to fully enjoy it.



He was sleepy all the time and wasn't feeling well.

anxious

=

niespokojny

“We have to go see a doctor as soon as we get back. There's something wrong with you,” Mom said, **anxious**.

Special Missions for Small Experts

Teddy Expert and Gulden have prepared a few Special Missions for you. You don't have to do all of them, but remember that each of them **brings you closer** to becoming a Little Expert!

On a piece of paper, write down "what your problems and goals are" for the near future.

bring closer
=
przybliżyć

To ten moment, kiedy łudzisz się,
że przeczytasz książkę za darmo,
a tutaj koniec darmowego
fragmentu :)

**Kup książkę i wychowaj
przedsiębiorcze dziecko.**