

《高考英语七选五真题29（含答案解析）》

2019年全国2卷

第二节(共5小题;每小题2分,满分10分)

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Imagine a child standing on a diving board four feet high and asking himself the question: "Should I jump? This is what motivation or the lack of it can do. Motivation and goal setting are the two sides of same coin. 36 Like the child on the diving board, you will stay undecided.

37 More than that, how should you stay motivated to achieve the goal? First, you need to evaluate yourself, your values, your strengths, your weaknesses, your achievements, your desires, etc. Only then should you set your goals.

You also need to judge the quality and depth of your motivation. This is quite important, because it is directly related to your commitment. There are times when your heart is not in your work. 38 So, slow down and think what you really want to do at that moment. Clarity(清晰) of thoughts can help you move forward.

Another way of setting realistic goals is to analyze your short and long term objectives, keeping in mind your beliefs, values and strengths. Remember that goals are flexible. 39 They also need to be measurable. You must keep these points in mind while setting your goals.

Your personal circumstances are equally important. For example, you may want to be a Pilot but can't become one because your eyesight is not good enough. 40 You should reassess your goals, and motivate yourself to set a fresh goal.

You will surely need to overcome some difficulties, some planned, but most unplanned. You cannot overcome them without ample motivation. Make sure that you plan for these difficulties at the time of setting your goals.

A. This can affect your work.

B. So how should you motivate yourself?

C. However, this should not discourage you.

- D. So why should we try to set specific goals?
- E. They can change according to circumstances.
- F. Motivation is what you need most to do a good job.
- G. Without motivation you can neither set a goal nor reach it

答案解析：

36. G。此句前提到动机和目标设定是同一枚硬币的两面，后句提到如果没有动机，你将无法决定是否跳入水中。选项G“没有动机，你既不能设定目标，也不能达到目标”与上下文逻辑相符，说明了动机与目标设定之间的关系。

37. B。此句后提到如何保持动力去实现目标，选项B“ So how should you motivate yourself?” (那么你应该如何激励自己呢?)自然引出了下文的建议和方法。

38. A。此句前提到有时候你的心并不在工作上，选项A“ This can affect your work.” (这可能会影响你的工作。)说明了情绪或动机不足对工作的影响。

39. E。此句前提到目标需要灵活，选项E“ They can change according to circumstances.” (它们可以根据情况变化。)进一步说明了目标的灵活性。

40. C。此句前提到个人情况同样重要，例如想要成为飞行员但视力不够好，选项C“ However, this should not discourage you.” (然而，这不应该让你气馁。)为读者提供了积极的建议。