

How to achieve your goal?

Intermediate level

Task 1: Warm-up

Look at the pictures and write down words that spring to your mind. What do you think we are going to discuss today?



Task 2: Lead - in

Choose the appropriate topic and answer the questions.

I seldom achieve my goals	I usually achieve my goals
If achieving your goal needs lots of time, do you easily give it up?	What kind of goals have you had so far? What was the most difficult goal to achieve?
What goals have you achieved so far?	Do you ask your friends for advice or help when you face obstacles?
In your opinion why do people sometimes give up and fail to reach their goals?	What is the key to your success? What techniques do you use in order not to give up?

Task 3: New vocabulary

Match the words with the definitions.

- | | |
|------------------|---|
| 1. To refine | A. To start an activity with a particular aim. |
| 2. To figure out | B. Satisfying or beneficial. |
| 3. Roadblock | C. To make certain you have some time when you are not busy in order to do something you think you should do. |
| 4. Frustrated | D. Feeling annoyed or less confident because you cannot achieve what you want. |
| 5. To make time | E. Temporary structure put across a road to stop traffic; anything that stops progress. |
| 6. To set out | F. To improve an idea, method, system, etc. by making small changes. |
| 7. Hurdle | G. Sharing the same opinion, ideas or interest. |
| 8. Like-minded | H. A problem that you have to deal with before you can make progress. |
| 9. Rewarding | I. To understand or solve sth. |

Task 4: Watching a video

- a) **What do you think are the most useful tips for achieving goals? Watch the [video \(till 02:54\)](#) and compare your guesses with the ones mentioned in it.**
- b) **Watch the [video \(till 02:54\)](#) again and speak about the mentioned tips in detail.**
1. Write your goals down.
 2. Be patient with yourself.
 3. Make time in your week for goals.
 4. Celebrate your achievements no matter how small.
 5. Roadblocks are not failures.
 6. Listen to criticism.



Task 5: Vocabulary practice

Complete the sentences about yourself.

1. I always feel *frustrated* when ...
2. The last time I faced *hurdles* on my way ...
3. One of the most *rewarding* things about my work (hobby) is ...
4. I have no idea how to *figure out* ...
5. Every time I hit a *roadblock* ...
6. It is really difficult for me to *make time* to ...
7. Working with *like-minded* people allows ...
8. I have *set out* to ...
9. I think if you want to *refine* your book you should ...



Task 6: Watching a video

a) One of the main reasons of failing to achieve goals is laziness. Have you ever heard of the 1 minute Japanese technique to fight laziness? If so, what is it about? If not, what do you think it might be about?



b) Watch the video (till 03:57) and answer the questions.

1. Where did Kaizen originate and what does the word mean?
2. How does the method work?
3. Why does the method work?
4. Do you always have to do the same thing every day just for one minute?



Task 7: Vocabulary

Choose the appropriate meaning of the words in bold.

1. It means you shouldn't change your life **spontaneously**, but slowly and wisely.
 - a) carefully
 - b) without advance preparation
2. Challenging programs of self-improvement **deprive** you **of** vast amounts of energy.
 - a) to leave someone without something
 - b) to give
3. He didn't want to **end up** like his father that's why he did his best to find a proper job.
 - a) to die
 - b) to find yourself in a place or situation that you did not intend or expect to be in
4. Drivers will see **tangible** improvements on major roadways.
 - a) real and able to be shown or touched
 - b) great and important

Task 8: Follow - up discussion

Discuss the questions.

1. How do you usually react to criticism?
2. Are you impatient to achieve your goals?
3. Do you believe that Kaizen really works and helps people to organize themselves or it's nothing but theory?
4. In your opinion, can Kaizen be applied to all spheres of life or it has restrictions?
5. Do you know any other principle that can help achieve a goal?



Task 9: Freer Practice

a) Work in pairs or in groups. Google the best techniques to achieve a goal and prepare two minute speech on it.

Words to use: *refine , to figure out, roadblock, frustrated, make time, set out, hurdle, like- minded, rewarding, deprive of, tangible, end up, spontaneously.*

b) Express your opinion on the technique presented by your opponent. What do you like most about the technique? Why can it be useful/useless?



Keys:

Task 3

1. - F
2. - I
3. - E
4. - D
5. - C
6. - A
7. - H
8. - G
9. - B

Task 6/b

1. It originated in Japan. “Kai” means change, “Zen” means wisdom. It means you shouldn’t change your life spontaneously, but slowly and wisely.
2. Its practice includes the concept of the “one-minute principle” for self-improvement. The main idea of this method is that you should practice doing something for a single minute every day at the same time.
3. Challenging programs of self-improvement that deprive you of vast amounts of energy can end up exhausting you and leave no tangible results. However, with this principle your tasks will not seem something unpleasant that you have to get through. Instead it will become an activity that brings you joy and satisfaction.
4. You must gradually increase the amount of time you spend on the goal that you have set for yourself. Maybe at first just for five minutes more, but this will soon turn into half an hour and then even longer.

Task 7

1. - b
2. - a
3. - b
4. - a