

Look at the photos and discuss the questions.

- 1 What do you know about these people?
- 2 Why do you think they are/were successful?
- 3 What habits do you think successful people have?

I think they get up early and work late.





Listen to a podcast about **successful people**. Does it include any of your ideas?

Listen again and **number the tips** in the order you hear them. Do you agree with them?

TAKE CARE OF YOURSELF.	TAKE TIME OFF.
PLAN YOUR TIME WELL.	START AGAIN.
TRY NEW THINGS.	ASK A LOT OF QUESTIONS.
HAVE CLEAR GOALS.	LISTEN CAREFULLY.

Complete the questions from an expression from the listening activity.

- 1 Do you plan your time well , or do lots of things at the same time?
- 2 Do you like to _____ , or repeat the same experiences?
- 3 When things go wrong, do you _____ ?
- 4 Do you _____ to what other people tell you?
- 5 Do you _____ when you want to know something?
- 6 Do you _____ ? Do you know what you want in life?
- 7 Do you think it's more important to work all the time, or _____ and enjoy yourself?
- 8 Do you _____ ? Do you eat well and do exercise?

Ask and answer the questions.



Listen again and choose the correct adverb of frequency.

Successful people ...

- 1 *always/never* know what they want in life.
- 2 *are sometimes/rarely* bored.
- 3 *are often/always* good listeners.
- 4 *don't often/don't usually* do lots of things at the same time.
- 5 *sometimes/rarely* check their messages only once a day.
- 6 *usually/hardly ever* have busy and stressful lives.
- 7 *hardly ever/always* work at weekends.
- 8 *sometimes/never* stop trying.

LISTENING

Listen to Alex talk about a successful person he knows. Answer the questions.



- 1 Who is the person?
- 2 How old is she?
- 3 Why does Alex think she is successful?

Listen again. How often does the person do these things?

- 1 get up early
- 2 go for a long walk
- 3 use public transport
- 4 look after her great-grandchildren



FOCUS

REVIEW

Compare:

- 1- Successful people always try new things.
- 2- Alex`s grandmother gets up early.

What are the
rules?

Use the present simple to talk about facts, habits and things which are always or generally true.

*The Earth **moves** around the Sun.*

*He **doesn't cycle** to work every day.*

***Is** she a teacher?*

We often use adverbs of frequency with the present simple, e.g. *usually, often, sometimes* etc.

practice

<https://www.english-4u.de/en/grammar/present-simple.htm>

https://elt.oup.com/student/result/engpreint/a_grammar/unit01/1b_1?cc=ar&selLanguage=en

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YOUR TURN!

Make notes about a successful person. It can be someone you know (e.g. a friend) or someone you don't know (e.g. someone famous). Think about:

- who the person is
- what they do
- why you think they are successful