

You think you have inner drive?

Take our test and find out.

Read the sentences and click on the box that describes your reaction most accurately.

	not true for me	mostly not true for me	mostly true for me	true for me
1 I find it easy to set myself small goals and I make sure that I fulfil them.	☐	☐	☐	☐
2 I get demotivated when a task is too hard or challenging.	☐	☐	☐	☐
3 When something goes wrong, I work harder to make it right.	☐	☐	☐	☐
4 I like being praised even if I know I have not done something very well.	☐	☐	☐	☐
5 I believe I can do most things if I'm determined enough.	☐	☐	☐	☐
6 I work best when other people set me clear objectives.	☐	☐	☐	☐
7 I like to get regular feedback on what I'm doing.	☐	☐	☐	☐
8 There isn't any point in showing initiative if other people don't appreciate it.	☐	☐	☐	☐
9 It doesn't bother me if I make mistakes – that's how I learn.	☐	☐	☐	☐
10 I get very stressed when I have too many things to do.	☐	☐	☐	☐

READING

5 a Do the quiz. Compare your answers

b Do you think that your results in the quiz are an accurate reflection of how you are?

Calculate your score

For odd-numbered sentences (1, 3, 5, etc), score 4 points for 'true for me', 3 points for 'mostly true for me', 2 points for 'mostly not true for me' and 1 point for 'not true for me'.

For even-numbered sentences (2, 4, 6, etc), score 4 points for 'not true for me', 3 points for 'mostly not true for me', 2 points for 'mostly true for me' and 1 point for 'true for me'.

31+ Wow! Nobody needs to tell you what to do! You know where you want to get to and how to get there. You're a great team member, you take the initiative when it's needed and your inner drive means that you get results.

16-30 When it comes to inner drive with you, it's all a question of the situation and your mood. Sometimes you have it, sometimes you don't. The first step to take is to become more aware, not of your weaknesses, but of your strengths. Next time you're faced with a challenge, enjoy it!

0-15 You're probably very good at following instructions, but a lack of self-confidence prevents you from taking the initiative more often. If you could develop more self-belief, there's a good chance that you would find your work or your studies more fulfilling.

- a) **Satisfaction:** Success is its own reward
- b) **Drive:** If it doesn't challenge you, it won't motivate you
- c) **Don't look for praise** – just fulfil your goals
- d) **Determination** is the only incentive you need
- e) **Set your own objectives** – no one will punish you for showing initiative

From the quiz's result, all members have to think of a **motivational slogan** from (a-e) and share the reasons why you select that slogan.

8  9 Listen to the lecture and put the slides in the correct order.



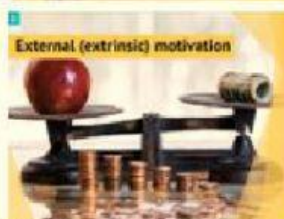
1



2



3



4

10 Have you learnt anything from the lecture that may be useful to you in your work or studies?

Complete the tables with the correct form of the words.

Verb	Noun	Adjective	Nouns
1 _____	challenge	challenging	drive goal incentive initiative objective
be determined (to do sth)	2 _____	determined	Look at the tables and find: 1 five words that can be used to describe a job <i>challenging</i> , _____, _____, _____, _____ 2 four things that someone can do to try to motivate you <i>challenge</i> , _____, _____, _____ 3 three things that you can set yourself (or someone can set for you) _____, <i>goal</i> , _____
fulfil	3 _____	fulfilling	
4 _____	motivation	motivating	
reward	5 _____	rewarding	
satisfy	6 _____	satisfying	
Verb	Noun		
praise	7 _____		
8 _____	punishment		

a. motivated b. fulfilment c. rewarding d. punished f. satisfying g. determined

- When I was at school, we were _____ by the teacher if we forgot to do our homework.
- Working in that environment didn't give me any sort of _____, so I left.
- In the end, it was my uncle who _____ me to keep on trying.
- I found it very _____ to face that challenge, despite the difficulties.
- The women were absolutely _____ to achieve their goal.
- I'm really enjoying the work, but while the job is very _____, unfortunately the salary isn't!

1 Look at the things that people do with their phones. Can you add to the list?

Priority

Activities / Tasks / Items	High	Medium	Low
send messages			
check social media			
play a game			
watch videos			
speak to a friend			

2 How often do you do any of the things above in the following situations?

Activities / Tasks / Items	the following situations'	Never 0%	Rarely 5%	Seldom 15%	Occasionally 30%	Sometimes 50%	Often 70%	Generally 80%	Usually 90%	Always 100%
send messages										
check social media										
play a game										
watch videos										
speak to a friend										

Put the words in order to make phrases which express attitudes.

- 1 gets / it / my / nerves / on *it gets on my nerves*
- 2 annoying / find / I / it
- 3 bother / doesn't / it / me
- 4 have / I / it / no / problem / with
- 5 crazy / drives / it / me
- 6 fed / get / I / it / up / with
- 7 against / have / I / it / nothing
- 8 all / it's / me / same / the / to

1

b Put the phrases in exercise 2a into two groups:
a) negative attitudes; b) neutral attitudes.

a) negative attitudes: *it gets on my nerves,*

b) neutral attitudes: *it doesn't bother me,*

1

3

c We can make the attitudes stronger by adding an adverb. Add **really** in the correct place to the phrases in exercise 2a.

1 *I it **really** gets on my nerves*

2 I

3 it

4 I

5 it

6 I

7 I

8 it's

1



Use the phrases in exercise 2a to express your attitude towards people who:

- 1 add you to social media groups that you are not interested in.
- 2 fill their texts with lots of emojis.
- 3 text you too often.
- 4 post things you don't like on your social media timeline.
- 5 text you again if you don't reply immediately.
- 6 send very long text messages.
- 7 never reply to your messages.

Ask: Does it annoy you when people

?

ANSWER: Yes. !

Ask: Why?

ANSWER: because

situations

Ask: Does it annoy you when people

ANSWER: Yes.

Ask: Why?

ANSWER: because

situations

Ask: Does it annoy you when people

ANSWER: No.

Ask: Why?

ANSWER: because

1 Complete the motivational quotes by famous people with these nouns.

incentive^a challenge^b satisfaction^c objective^d
praise^e initiative^f

- 1 I pay no attention whatever to anybody's _____ or blame. I simply follow my own feelings. (Wolfgang Amadeus Mozart - composer)
- 2 Since you must spend so much time with yourself, you might as well get some _____ out of the relationship. (Norman Vincent Peale – author)
- 3 When the year starts, the _____ is to win it all for the team. Personal records are secondary. (Lionel Messi - footballer)
- 4 Making money is a happiness. And that's a great _____. Making other people happy is a super-happiness. (Muhammed Yunus – business entrepreneur)
- 5 Students must have _____; they should not be mere imitators. They must learn to think and act for themselves. (Cesar Chavez – civil rights activist)
- 6 The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of _____ and controversy. (Martin Luther King – Christian minister and civil rights activist)