THINK 2nd EDITION

LEVEL 2
LIFE LESSONS 3

Name _____ Class _____ Date _____

Achieving your goals

WHAT CAN YOU REMEMBER?

1 Work in pairs. Look at the picture. What's Kieran going to do?

2 Work with a partner. Answer the questions.

1 What was Kieran's goal?
2 Why didn't he achieve it?
3 What challenges were there?
4 What's he going to do now?

3 What are Kieran's four steps to reaching his goal? Complete the sentences.

1 Identify _____.
2 What's the _____ thing about achieving this goal?
3 What things might _____ me achieving my goal?
4 How will I _____ sure these things don't stop me?

4 Match the parts of the phrases. Do they match Steps 2 or 4 above? Have you done or experienced any of these things?

1	The crowd	everyone being proud of me	Step ☐
2	The medal	the sofa	Step ☐
3	A feeling of	phone use	Step ☐
4	Limit my	calling my name	Step 2
5	Get up off	around my neck	Step ☐

GIVE IT A GO

5 Work with a partner. Read Alicia's blog post. Complete the four steps.

> A recent experience taught me that I need to prepare better to achieve my goals. I decided to enter a singing competition because I love singing. I think I'm quite good and I'd love to be in a band. I can see myself with a hit single! I chose a song and practised before the competition. On the day, I was so nervous that I couldn't sing and I had to start again. Then I forgot the words. It was terrible and I was very embarrassed. The next time I need to take a deep breath and tell myself that I can do it!
>
> Alicia – 15 years old

Alicia's goal	The best outcome	Challenges	Dealing with the challenges

6 Write a positive statement to help Alicia achieve her goal.

_____
_____
_____

KEEP IT UP

7 Think of a goal you have. It can be small or large. Make notes on the steps in Exercise 3. Talk about your goal with a partner. Give your partner advice.

You should …

You ought to …

8 Share your goals as a class. Agree on a date to come back and assess your progress. Report back to the class. Who has achieved their goal? What advice and support can you give to anyone who hasn't achieved their goal?

PHOTOCOPIABLE

© Cambridge University Press 2021

LIVEWORKSHEETS