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2 week —

MAIN CHARACTER ENERGY

LISTENING WORKBOOK

This listening practice is divided into 3 parts

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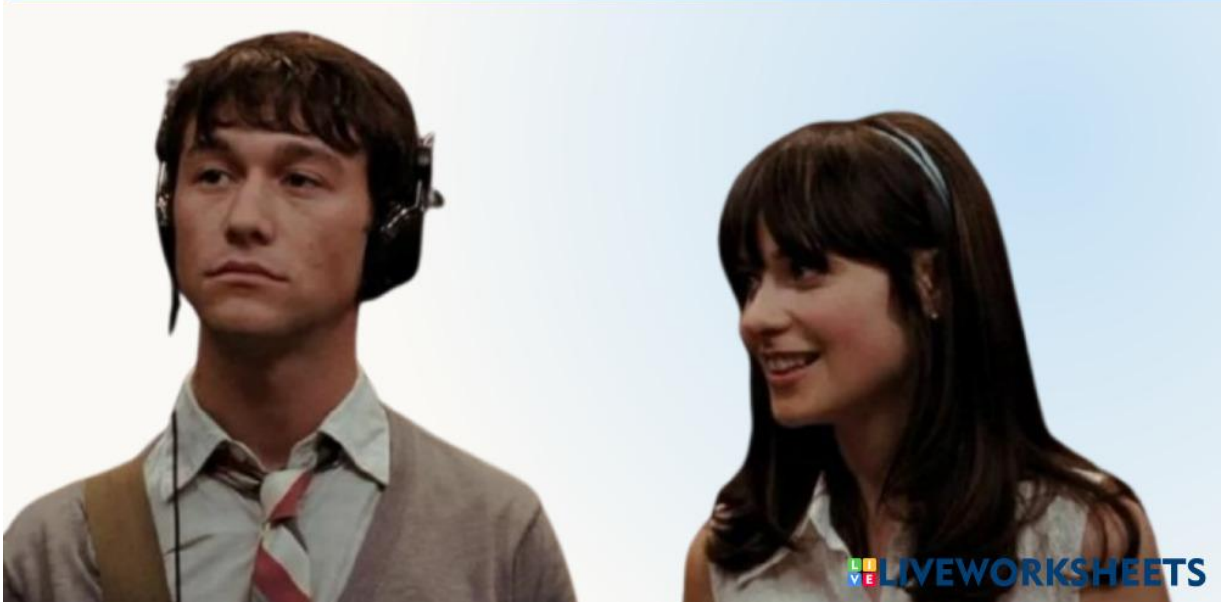
PART 1 — BEFORE YOU LISTEN

Discuss the questions

- What does "main character energy" mean to you?
- Do you think confident people are always confident inside?
- When do you usually feel nervous: speaking in public, meeting new people, or trying something new?
- What is one situation where you want to be braver?
- Do you think making a mistake in front of people is really a big problem? Why / why not?
- Look at the title: The Night I Almost Left. What do you think happened to the speaker?



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PART 2 — AFTER LISTENING

Listen to the podcast and complete tasks

TASK 1 — MAIN IDEA

Listen to the whole podcast and choose the best summary.

A) The speaker discovers that he is naturally confident and enjoys performing in front of people.

B) The speaker decides that storytelling events are only suitable for outgoing people

C) The speaker explains how to tell a perfect story without making any mistakes.

D) The speaker learns that being brave means trying something even when you feel nervous or awkward.

TASK 2 — CHOOSE THE CORRECT SENTENCES

Choose 5 correct sentences.

1. **The storytelling event took place in a small café.**
2. **Before arriving, the speaker knew that he was going to tell a story.**
3. **The third speaker forgot part of his story, stayed calm and continued.**
4. **The speaker felt comfortable speaking to strangers because he was very outgoing.**
5. **He told a story about getting on the wrong bus.**
6. **During the break, the speaker's friend kept asking him to add his name to the board.**
7. **For twenty minutes, he practised his whole story again and again.**
8. **The speaker wrote his name in the last empty space.**
9. **After speaking, he felt proud of himself even though he was still nervous.**
10. **The audience became silent after he said the wrong street name.**

TASK 3 — FOLLOW THE SCRIPT

Listen again and complete the gaps in the script on the next page

Use the vocabulary from this week.

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Hi everyone, and welcome back to the podcast. Today I want to talk about "main character energy." But not the perfect TikTok version. I want to talk about the real version – the 1) _____ version.

A few months ago, my friend invited me to a small storytelling night. It was in a tiny café, not a big stage. I thought we were just going to watch. That sounded safe.

But when we arrived, there was a board near the door. On it, someone had written: "Want to tell a story? Add your name."

My friend looked at me and smiled. I immediately said, "No. Absolutely not."

I'm not scared of talking to people I know. With friends, I can be funny and 2) _____. But standing in front of strangers? That is different.

I felt 3) _____ just looking at the board. I was 4) _____ to do it. I was afraid to 5) _____ and feel embarrassed in front of everyone.

So I sat down and tried to enjoy the evening.

The first speaker was amazing. She was 6) _____, funny, and calm. Everyone laughed at the right moments. I thought, "Okay, I could never do that."

The second speaker was also good. The third speaker forgot part of his story. For a few seconds, he just stood there and looked at the floor. But then he smiled and said, "Sorry, my brain just left the building."

Everyone laughed.

He took a breath, 7) _____, and continued. That changed something for me. I realised that making a mistake was not the end of the world.

During the break, I looked at the board again. There was one empty space.

I thought, "Maybe this is one of those moments." Not a big movie moment. Just a small moment where you can hide, or you can 8) _____ a little.

So I wrote my name.

Immediately, I wanted to erase it. My heart was beating fast. I felt 9) _____. For the next twenty minutes, I couldn't focus on anything.

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Then the host called my name.
I walked to the front of the room. It was only about thirty people, but it felt like three hundred.
I held the microphone and looked at the audience. For one second, I forgot everything. Then I remembered my own advice: 10) _____.
So I took a breath and started.
I told a story about the time I got on the wrong bus and ended up in a completely different part of the city. It was not a deep story. It was just funny and a little stupid.
At first, my voice was quiet. Then someone smiled. Then another person laughed. Little by little, I felt better.
In the middle of the story, I 11) _____. I said the wrong street name. Then I corrected myself and continued.
When I finished, people clapped. I walked back to my table feeling 12) _____.
Not because I became a completely different person. I was still nervous. I still felt awkward. I still made a mistake.
But I 13) _____.
And that was enough.
On the way home, my friend asked, "So? How do you feel?"
I said, "Still embarrassed.
But also... kind of 14)_____."
And that is what I think main character energy really is. It is not about being the loudest person in the room. It is not about never feeling 15) _____ or scared.
For me, main character energy is when you
16) _____ just enough to try.
You can be nervous and still do it. You can be shy and still speak. You can feel awkward and still stay in the room. You can make a mistake and still continue.
That night didn't change my whole personality.
But I 17) _____.
Now, when I'm scared to do something, I remember that café, the microphone, and the moment before I started speaking.
Sometimes you just need to 18) _____ and begin.
That's all for today. Thanks for listening, and see you next time.

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PART 2 — AFTER LISTENING

Use the vocabulary from this week

TASK 4 — PUT THE STORY IN ORDER

NNumber the events from 1 to 7.

___ The speaker wrote his name on the board.
___ The speaker went to a storytelling night with his friend.
___ A speaker forgot part of his story but continued.
___ The speaker felt proud of himself.
___ The speaker almost decided not to speak.
___ The host called the speaker's name.
___ The speaker told a story about getting on the wrong bus.

TASK 5 — PROVE YOUR ANSWER

Listen again and answer with details from the podcast.

1. **Why was the speaker afraid to put his name on the board? Give two reasons.**

1)

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2)

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2. **What happened when the third speaker forgot part of his story?**

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TASK 5 — PROVE YOUR ANSWER

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3. **How did the third speaker deal with the awkward moment?**

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4. **What helped the speaker decide to write his name on the board?**

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5. **How did the speaker feel after writing his name on the board? Why did he feel this way?**

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6. **What happened when the speaker stood in front of the audience? Describe two moments.**

1) At the beginning:

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2) In the middle of the story:

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7. **Why did the speaker feel proud of himself after the story, even though he was still nervous?**

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PART 3 — SPEAKING: VOICE MESSAGE

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RECORD A VOICE MESSAGE FOR 1–2 MINUTES.
YOUR SMALL BRAVE MOMENT
ANSWER THE QUESTIONS.

Answer the questions.

1. **Which moment in the podcast felt most familiar to you? Why?**
2. **What is one thing you feel nervous or afraid to do but would like to try?**
3. **Do you agree with the speaker that you do not need to feel ready before you begin? Why or why not?**

Use at least 3 phrases from this week:
feel nervous / be afraid to do something / push yourself / stay calm / make a mistake / do your best / believe in yourself / take a risk / make progress / be proud of yourself

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WELL DONE!
YOU HAVE COMPLETED
ALL 3 PARTS
OF THE LISTENING PRACTICE.
NOW I'M WAITING FOR
YOUR VOICE MESSAGES.
SEE YOU IN THE CHAT!
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