

Session 14-2



- In what ways do I show myself some love?
- This year I have learnt a lot.
- and the thing that we want to do in life
- This is a simply friendly question to ask yourself: what would you like to prioritise in the year to come?
- So, thinking about things that you want to prioritise right now as of your life is right now, can really help
- I would like to see your friends and family a bit more often
- and even if you feel like this is something that is not necessary useful right now in your life
- And in all of these jobs that I've had I've learnt skills that are still useful to me to this day
- It could be something really practical
- It teaches us something about our desires
- and certain things that we might want to improve about our own lives
- these are things that we might not even want to admit to ourselves
- And it was definitely scary but it was also one of the coolest things I've ever done and it completely turned my life around
- positive self-talk is not about tricking yourself into believing that you are perfect
- Dutch people have a reputation for complaining a lot and I think it's probably true
- I often hear people complaining in the conversations that I hear around me
- that can lead to unnecessary hardships
- but it could also just be about life in general
- if we work too much, if we put too much on our plate, or too long in a row, we deplete ourselves, we deplete our battery

Grammar

Ask questions:

Example:

1. I have achieved my goals.
How many goals have you achieve?
2. It is useful right now.
Why _____?
3. I wanted to develop different skills.
What skills _____?
4. He can show himself some love.
How _____?
5. I am envious of many things.
What things _____?
6. I have moved to another city.
What city _____?
7. I would like to go for a walk.
Where _____?
8. I am reading an interesting book right now.
What book _____?

Vocabulary

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over	spread	dig	top	cast	currently	grudges	come	admit	jealousy
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1. _____ I am working on a big project.
2. If you don't see the reason why, try to _____ deeper.
3. I have a lot of interesting projects in the year to _____.
4. I decided to take up yoga on _____ of my dance classes.
5. Sorry, I can't take this project. I don't want to _____ myself too thin.
6. You should concentrate. You are all _____ the place today.
7. It's not healthy to hold _____ against other people.
8. Don't let your regrets _____ shadow over your life.
9. There are some things I can't even _____ to myself.
10. She felt bitter _____ when she saw her new car.

Speaking

- In what ways do you show yourself some love?
- What are your priorities for next year?
- What skills do you wish you had?
- What are you envious of in other people?
- What are some things you would like to do that are outside of my comfort zone?
- What regrets are you ready to let go of?
- How often do you complain?
- How well do you communicate my needs?

Is it important to ask yourself these questions and why?

