

1. Discuss which of the topics you find interesting. With a partner, find three which you feel similar about.

- art and culture
- politics
- celebrity lives
- environment
- healthy living
- professional development
- science and technology
- travelling

2. Complete the gaps with the words provided.

a) stimulating/enthusiastic/rewarding

- 1) a technological innovation I'm about
- 2) a topic of conversation I find
- 3) a experience I've had

b) captures/inspires/sparks

- 1) something that my interest when I'm travelling
- 2) something that me to do my best work
- 3) a type of news story which always my attention

c) accomplishment/eager/inspiration

- 1) an I'm particularly proud of
- 2) a piece of art that is a great source of
- 3) something I'm to do when I retire

3. Choose one topic from each set in ex. 2 and tell your partner some details about it.**4. Discuss what you might learn in each of the English lessons below and say how enthusiastic you would be to have them. Which topic captured your attention most?**

- Do you feel FOMO? Phrasal verbs with 'out'
- Decision time (business case study)
- Curious questions about curiosity
- The city of the future is here
- The story of Frida Kahlo (advanced tense review)
- It's so hot right now!

5. Finish the sentences so that they are true for you. Compare with a partner.

- a) What inspires me to get up in the morning is...
- b) The most rewarding things about my job are...
- c) When I'm not very enthusiastic about a task I need to do, I...
- d) In an English lesson, I'm always eager to...
- e) My biggest accomplishment in terms of studying English is...

6. Watch a video [<https://youtu.be/eNqJYIns4Rk>] about motivation and discuss the questions.

- What is the difference between extrinsic and intrinsic motivation?
- Is your motivation for learning English intrinsic or extrinsic? Why? Was it the same in the past?
- Is your motivation in other areas of life, e.g. work, intrinsic or extrinsic? Why do you think so?
- Which motivation helps you accomplish more, intrinsic or extrinsic? Why?
- Which motivates you more, success or failure? Give examples.

7. Use the words to create questions.

EXAMPLE: how long / you / learn / English / ?

How long have you been learning English?

a) you / use / be / more enthusiastic about / learn / than you are now / ?

.....

b) how often / you / ask / meet deadlines / ?

.....

c) why / you / decide / take up / this course / ?

.....

d) you / consider / take / a two-year English course / get a better job / ?

.....

e) when / you / find yourself stuck / do repetitive work, / how / you / motivate yourself / continue / ?

.....

f) if / you / have more free time / in the past, / you / spend it / study English / ?

.....

g) what / inspire / you / choose / the profession you have / ?

.....

h) what language other than English / you / recommend / study / ?

.....

i) if / you / have to / quit a bad habit, / how / you / start / ?

.....

j) what / the things / you / wish / you / be good at / ?

.....

k) what / discourage / you / pursue / your goals / ?

.....

l) you / ever / try / motivate / someone else / do something / ?

.....

8. Choose some questions from ex. 7 to ask your partner.

