

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) [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 / ?

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- 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 / ?

.....

Stay interested, stay motivated

- 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.

