

The intermediate

Sonya:

The secrets of self-development

Masha:

PROCRASTINATION

Lera:

What factors interfere with
self-development?

Egor:

how to achieve goals?

Stepan:

How to plan our life



The secrets of self-development

How to start developing
yourself?

New words

Purposeful, aimed – adjectives, describing an action with a certain goal
influence =effect

Evaluation=analysis

To observe=to see , to watch

Values=importance

Strengths – your strong features

Weaknesses – your low features

To prevent=do not allow

To contribute= to help

To identify=to recognize

FAILure= fail

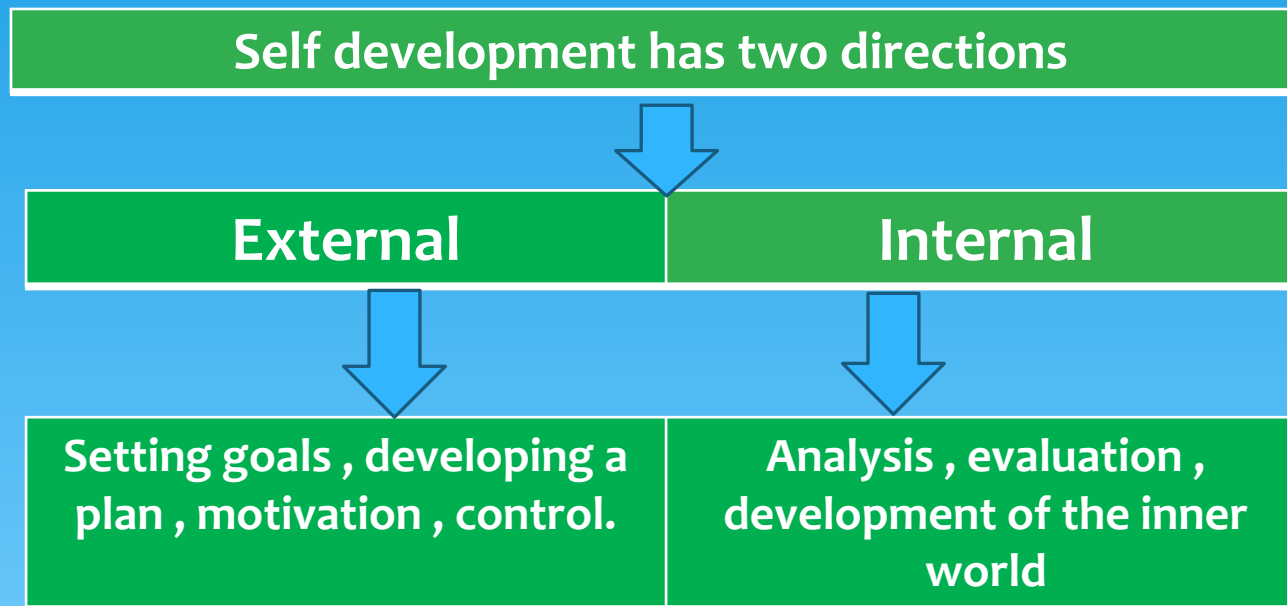
Consider= think about something, to focus on

Psychological burnout – when you can't live without changes and self-development.

You have a depression/

Development

- Development is a change of the inner world of a person. It happens because of the high activity of the person himself.



Expected result and self-developing plan

- Choose areas for development
- Set goals
- Describe your strengths
- identify the risks
- Choose the skills and knowledges you need to get



The main stages of personal self-improvement

- The need for change
- The idea of ideal “I”



Motivation

- Motivation=fuel
- Motives may be external and internal
- Constructive reaction to failures is a source of motivation



Thank you for attention

- IT IS NEVER TOO LATE TO DEVELOP



New words

To interfere (v)- to come uninvited and ruin plans

To get rid of something-to through out something

To serve (v)- to control (for example health status)

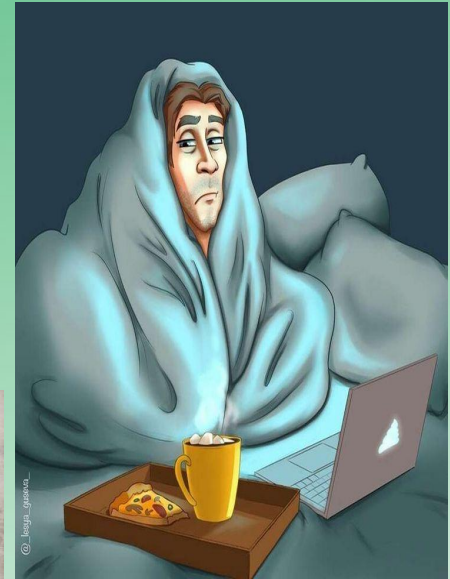
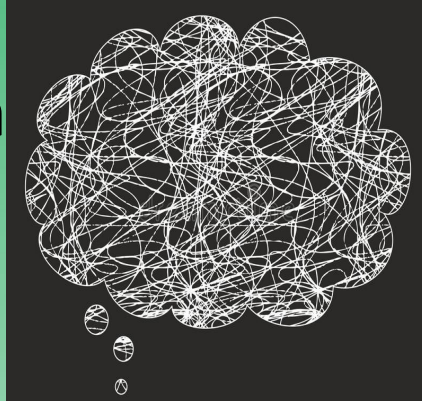
To avoid (v)- to try don't

To tear (v)- to break paper



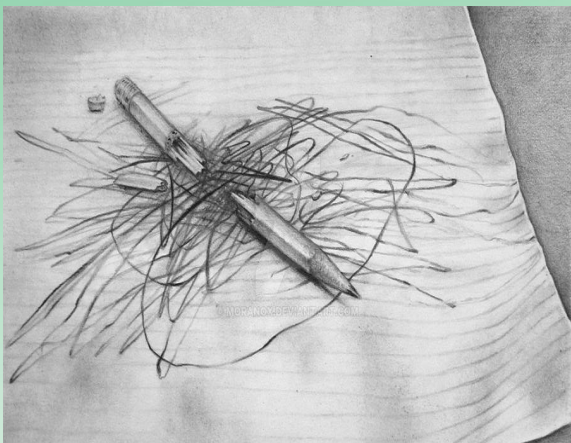
What factors interfere with self-development?

- Mess in mind
- Inaction
- Laziness
- To try to achieve all goals
- Friends
- Health
- Negative mind



Work on anger

- To understand your
- Control
- Change your mind
- To sleep
- To keep a diary



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PROCRASTINATION

PROCRASTINATION

The act of delaying or putting of tasks till last minute.



TYPES OF PROCRASTINATION

1. Household (washing dishes, cleaning up the room)
2. Procrastination in making decisions that will affect on your future life
3. Compulsive (Doing tasks until last minute this is your permanent type of behavior)



- Low self-esteem
- High level of stress
- Depression
- burnout

6 WAYS HOW TO MAKE DECISIONS?

- 1) Find real information (don`t believe what other people say about this)
- 2) Avoid chronic mistakes, that you made in past.
- 3) Don`t make decisions with emotions
 - without stress and pressure, in comfortable situation
 - Your decisions shouldn`t depend on somebody
- 4) Take care of yourself (Get enough sleep)
- 5) Leave some time to think more about it (without doing something else and being disturbed by other people)
- 6) Analyze the situation after making a decision (it will enrich your



REASONS

1. Perfectionism (when a person is afraid to do something, cause it will be not perfect)
2. Rebelliousness (something seems useless and you don't want to waste time for it)
3. Tiredness (this is rebelliousness from your body, he is just tired and needs some rest)

Causes of Procrastination

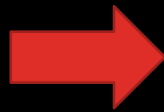


I'm very busy doing things I don't need to do in order to avoid doing anything I'm actually supposed to be doing.



WAYS TO DEAL WITH PROCRASTINATION

1. Make a plan for a day
 - Keep the task small (25 minutes work, 5 minute have a rest)
 - Break your project in to steps
 - Limit the time to do some work (example: don` t write essay for all day, time limit no more than 2 hours.)
2. Reward yourself after completing your plan(have a delicious meal, hang up with friends, watch a movie or listen to music)



increases **motivation**

3. Eat “frogs” in the morning, than do everything else. (Do unpleasant work, that takes few time, otherwise your day will be in rush)
4. Track the productivity at the end of the day
 - Keep a diary
 - Write what you have completed
 - Describe your emotions and feelings
5. Avoid distraction



decreases **impulsivity**

NEW WORDS

ADDICTION- to depend on somebody or something

REBELLIOUSNESS- refusing to obey rules, to accept normal standards of behavior.

DELIBERATE- to make something in purpose.

OVERCOMMIT- to do more than they are capable.

COMPULSIVE- doing something a lot and unable to stop doing it.

TRACK- the direction in which someone`s job or education develops.

CRAMMING- study intensively over a short period of time just before examination.

IMPULSIVITY- the tendency to act without thinking.

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HOW TO ACHIEVE GOALS?



NEW WORDS :

Blame –to say that someone do somthing bad in rude form.

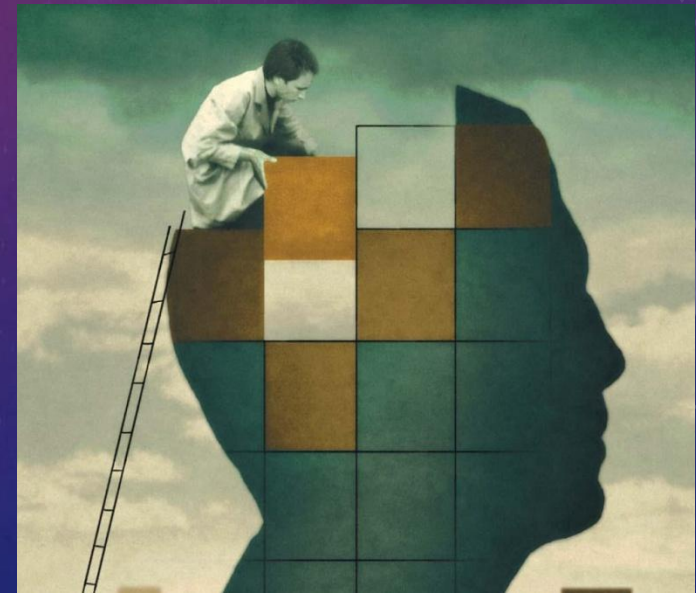
Rush – to do sjmething fast and with out minding .

Attitude = opinion/view.

Current reeality = nowedays

ANALYZE

- **YOURSELF** strengths and weaknesses, temperament features.
- pay attention to how you are in contact with the outside world
- find something interesting for you , makes you happy
- meditation, diary vision, mood work
- ask yourself questions



TAKE RESPONSIBILITY FOR YOUR LIFE AND ACTIONS

- if the situation is out of control, do not rush into a victim state.
- if there is no way to fix the situation , reconsider your attitude to this situation



SETTING GOALS AND PLANNING THE WAY TO IT/PLAN YOUR TIME .

- it is necessary to understand which way you will have to go
- creating a goal achievement plan
- sort out all the work into small stages, and decide what steps and actions you need to take



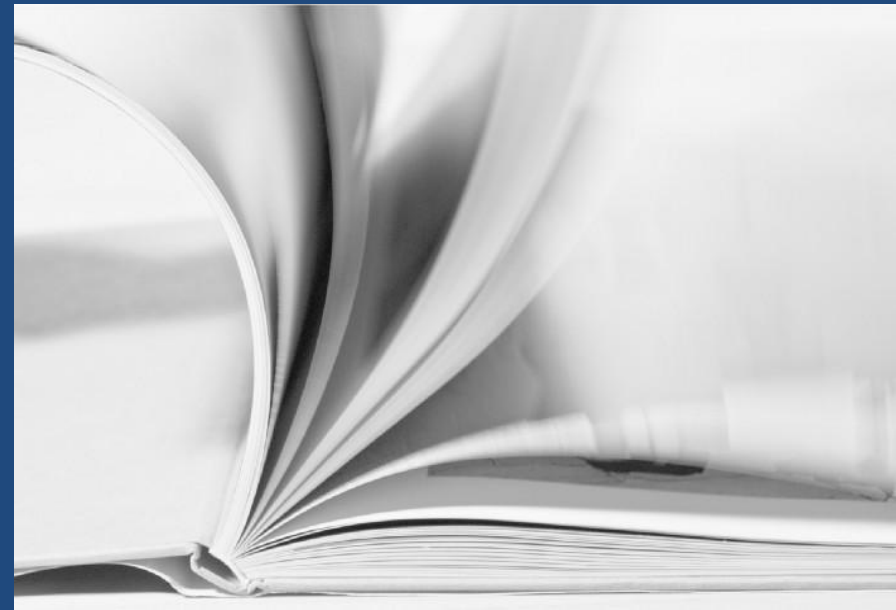
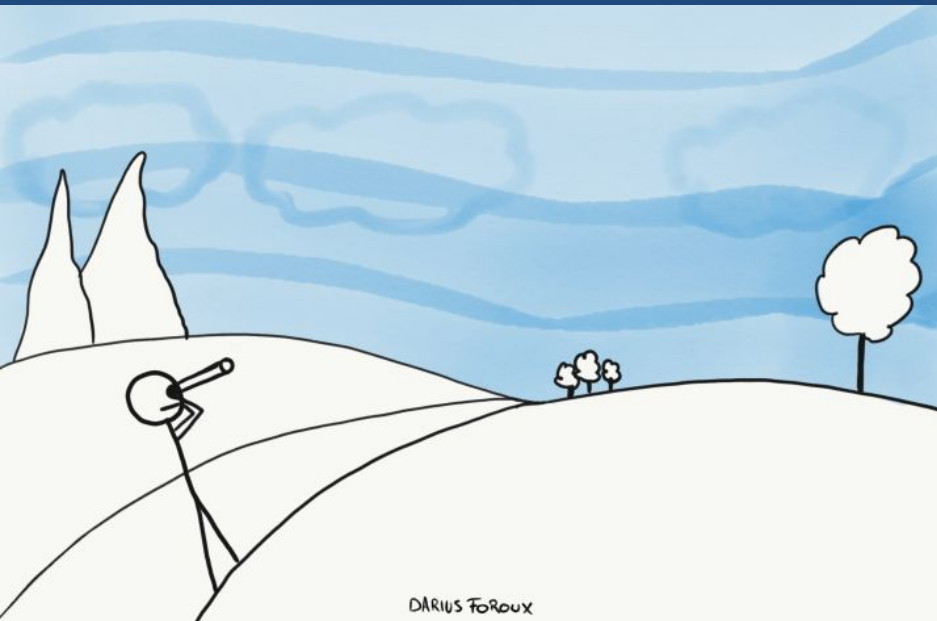
FIND NEW INTERESTS AND HOBBIES.

- TEST YOURSELF IN DIFFERENT SITUATIONS
- ASK YOURSELF WHAT YOU WANT



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How to plan our life



New words

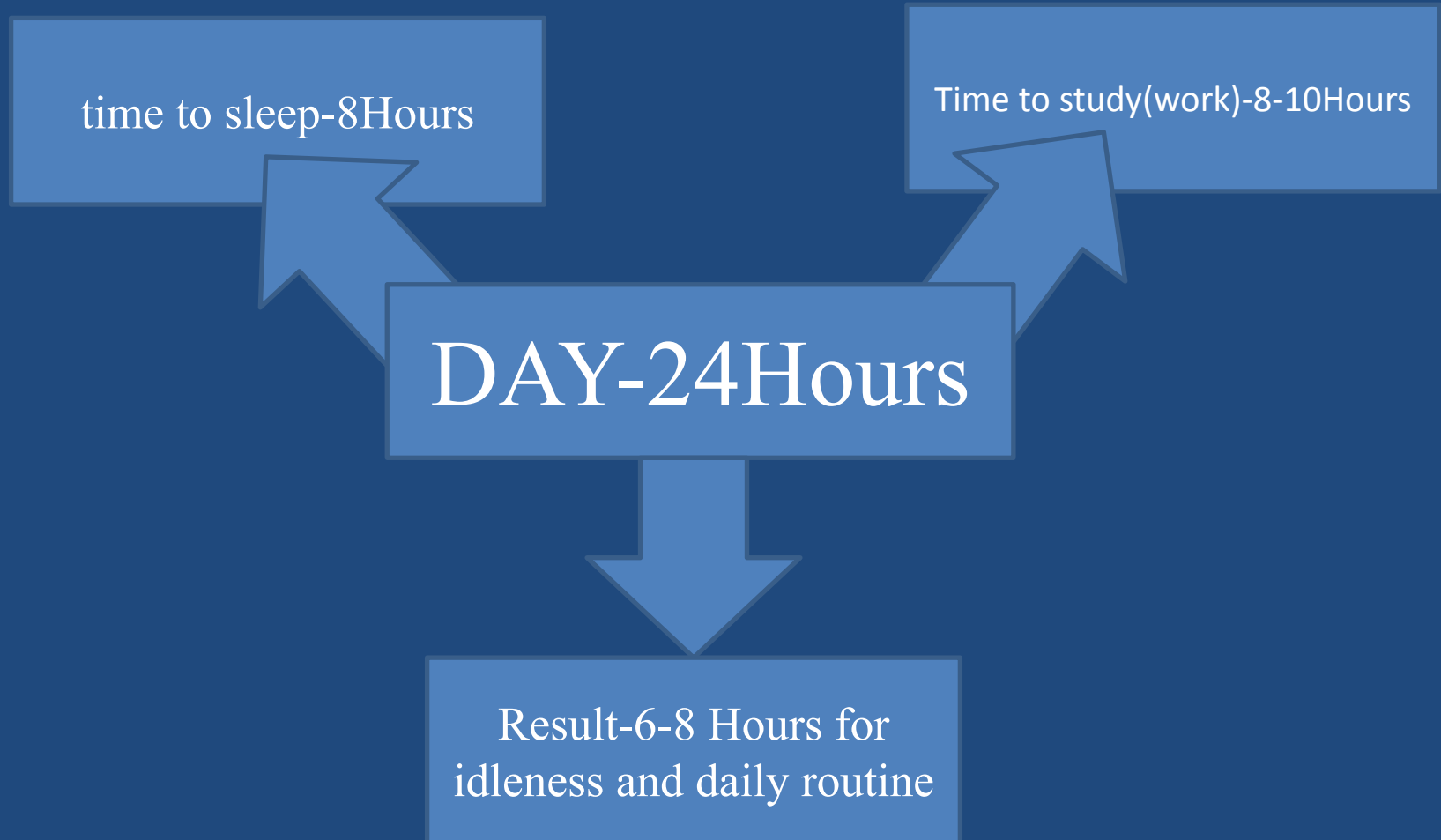
- To distribute= give out
- to determine=to define
- Constant=always
- Chronic fatigue=tired
- time frame=time limits
- Idleness=To do nothing
- to force=To force myself to do H/W
- Time frame=Time limits

How to plan life correctly

1. to determine the main goal of your life.
- 2-3-4. take a shorter period of time.
5. time for rest.
6. plan can be adjusted.



How to learn how to use your time efficiently?



how to force yourself up for a productive day.

- 1.To write down your main goals(diary)
- 2.time frame.
- 3.List of skills.

