



Being
self-

MOTIVATED



Who says nothing is impossible?...



...I've been doing nothing for many years!





They say that hard
work never killed
anyone...

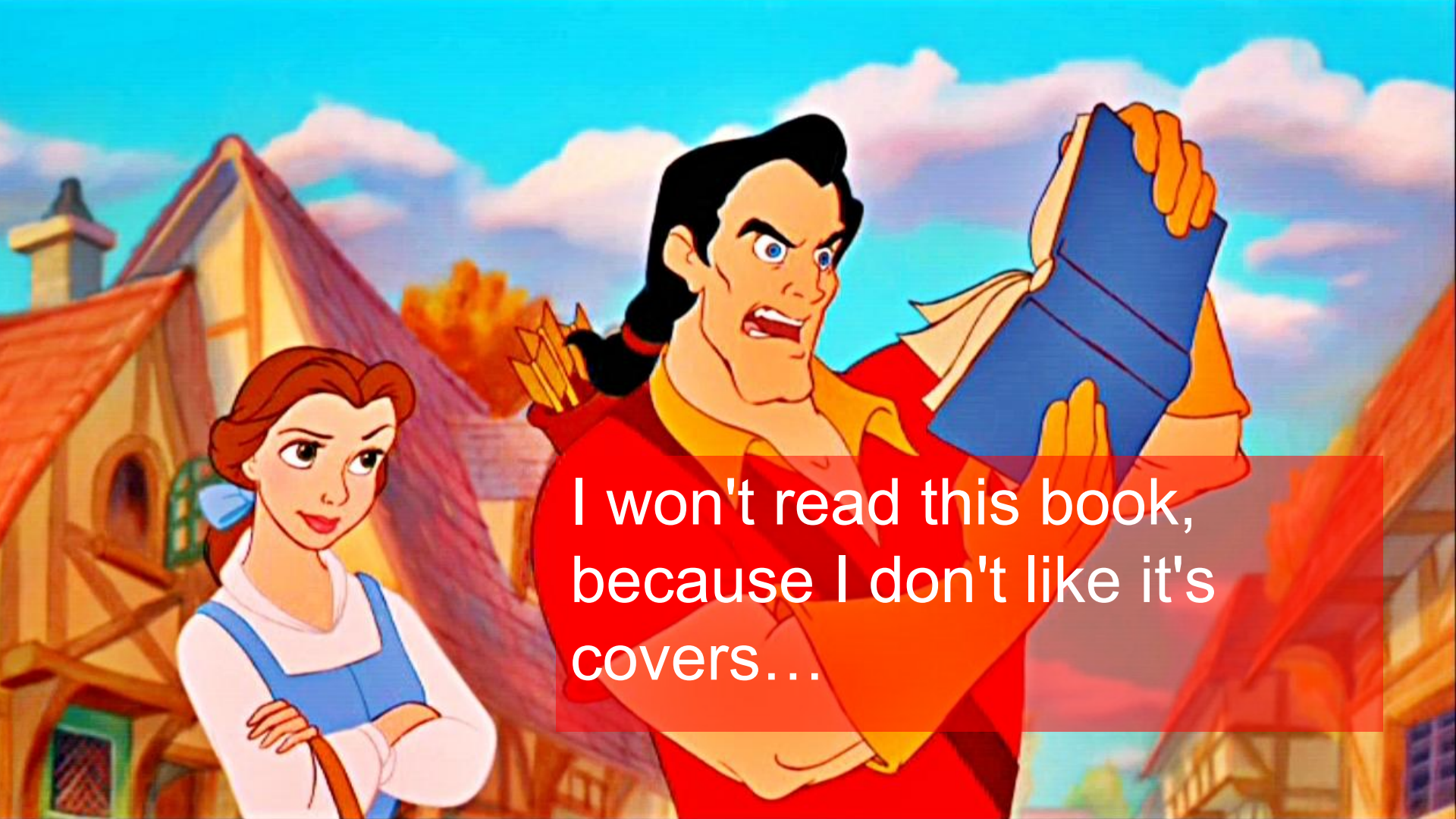


...but why take the
chance?

- Ronald Reagan







I won't read this book,
because I don't like it's
covers...



...they are too far apart!



1st rule of lazy people: If you can't reach it easily, you don't need it!...



2nd rule: Just do it! But not today.



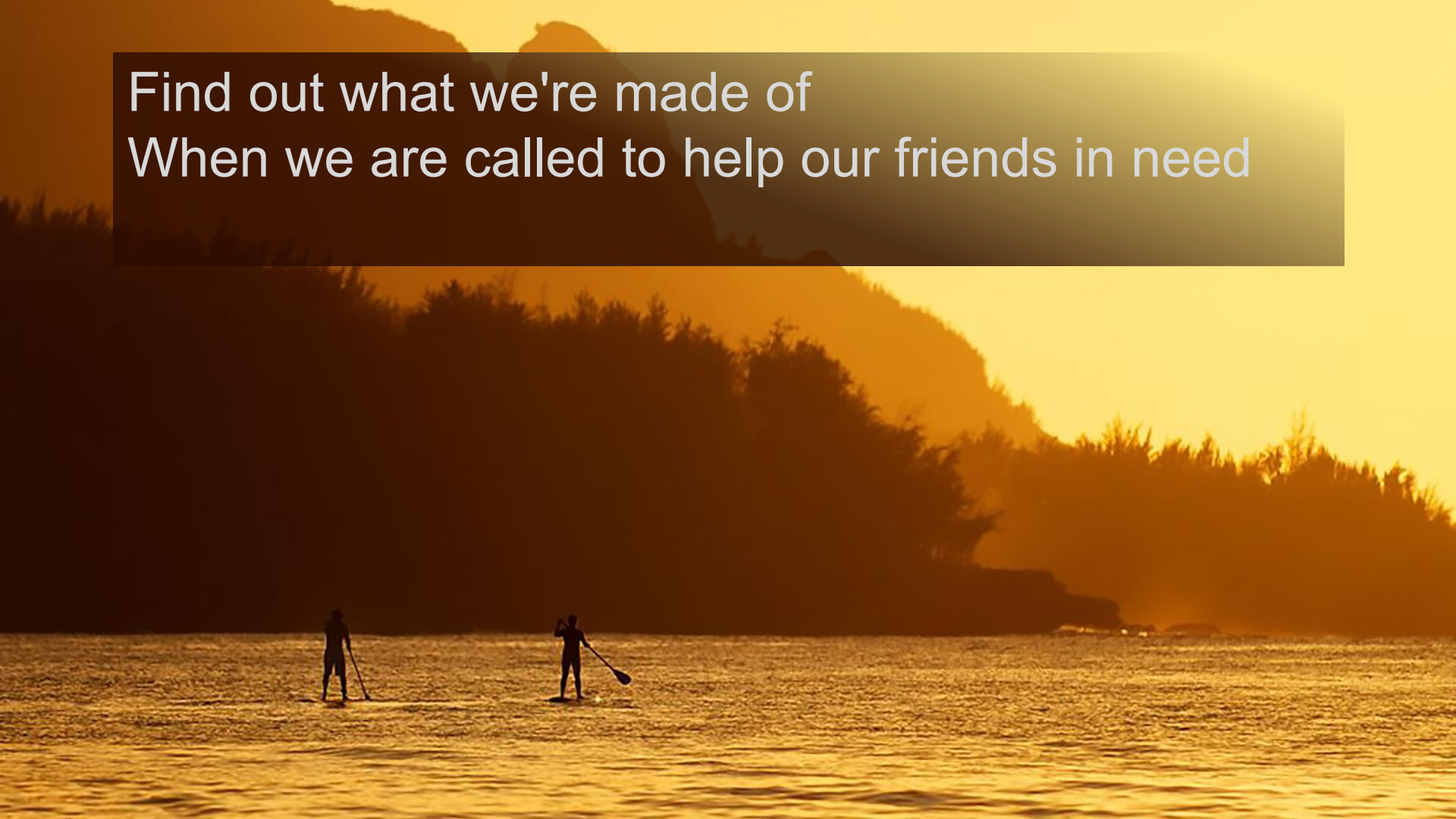
Count on Me



If you ever find yourself stuck in the middle of the
sea,
I'll sail the world to find you
If you ever find yourself lost in the dark and you
can't see,
I'll be the light to guide you



Find out what we're made of
When we are called to help our friends in need



You can count on me like
one two three

I'll be there

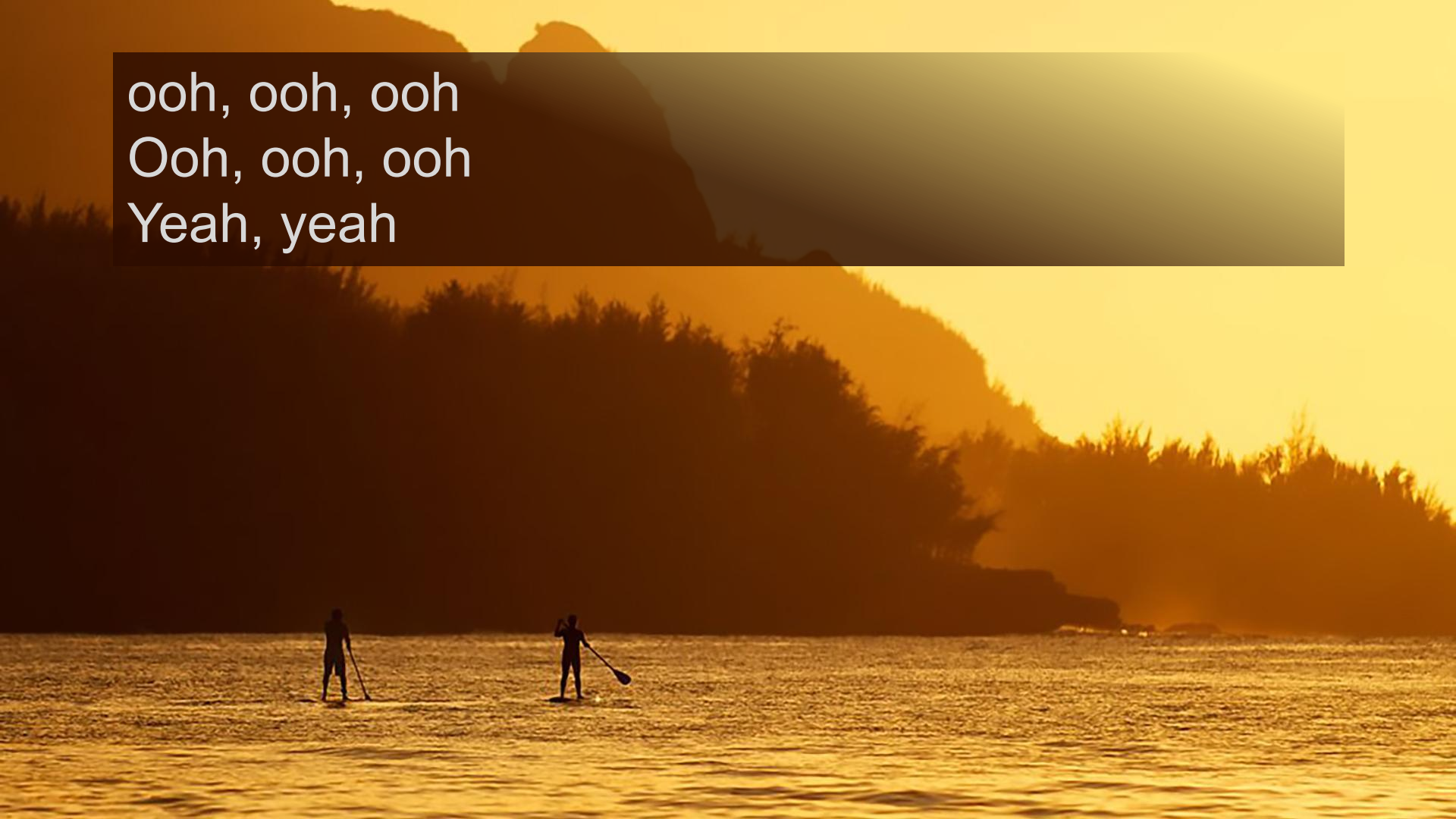
And I know when I need it I can count on you like
four three two

You'll be there

'Cause that's what friends are supposed to do, oh
yeah



ooh, ooh, ooh
Ooh, ooh, ooh
Yeah, yeah



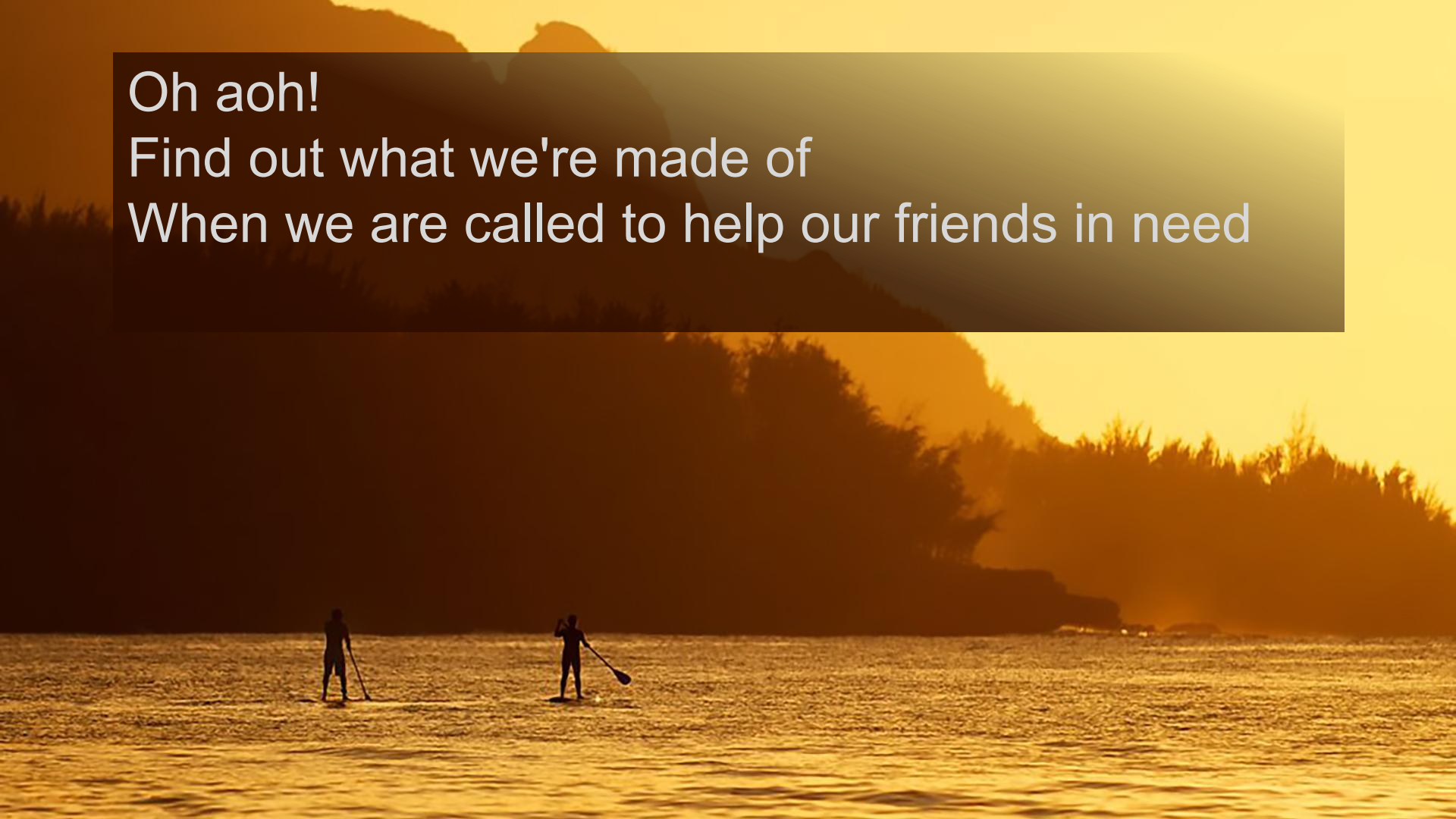
If you tossin' and you're turnin' and you just can't
fall asleep
I'll sing a song Beside you
And if you ever forget how much you really mean
to me
Everyday I will Remind you



Oh aoh!

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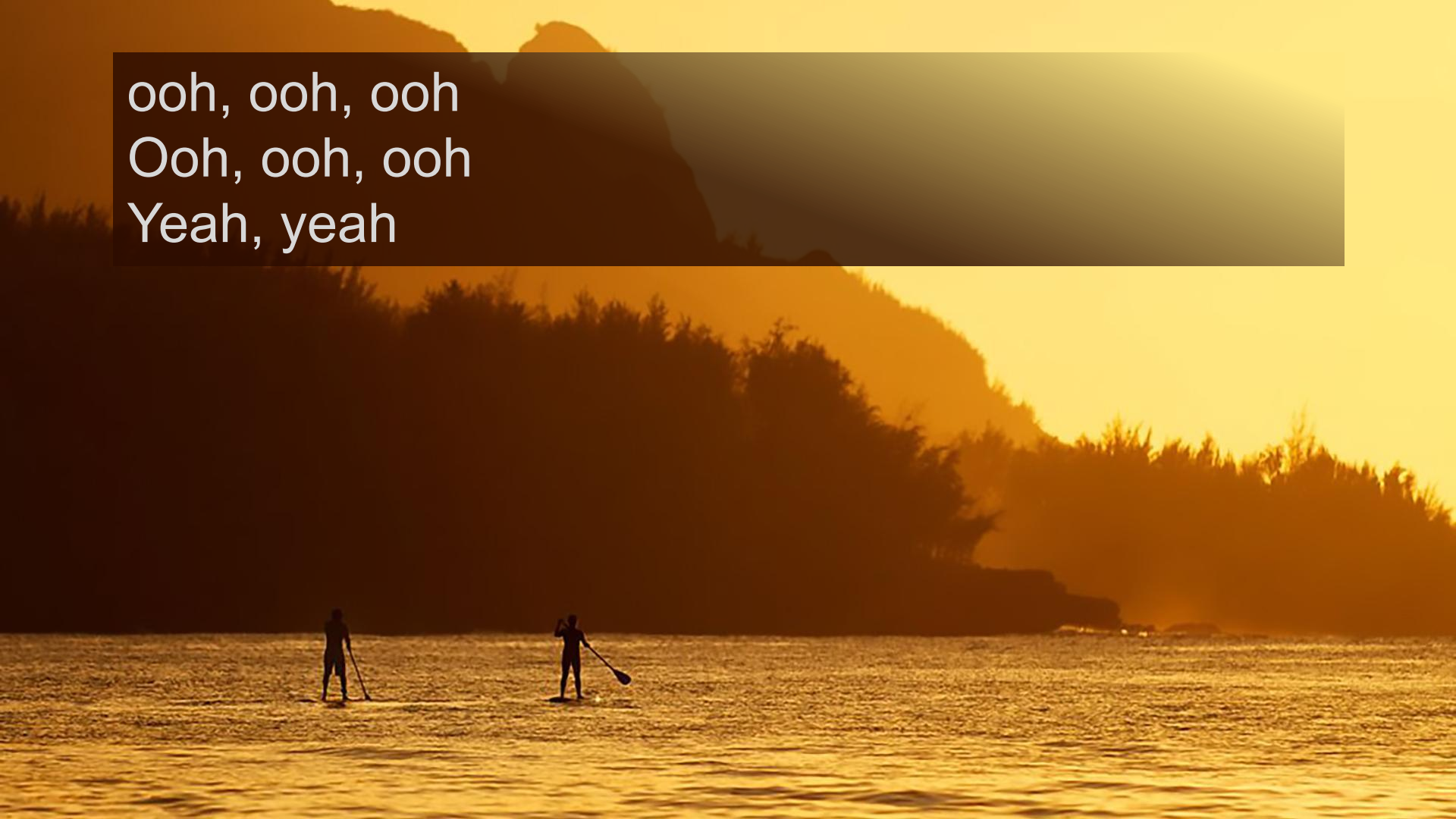
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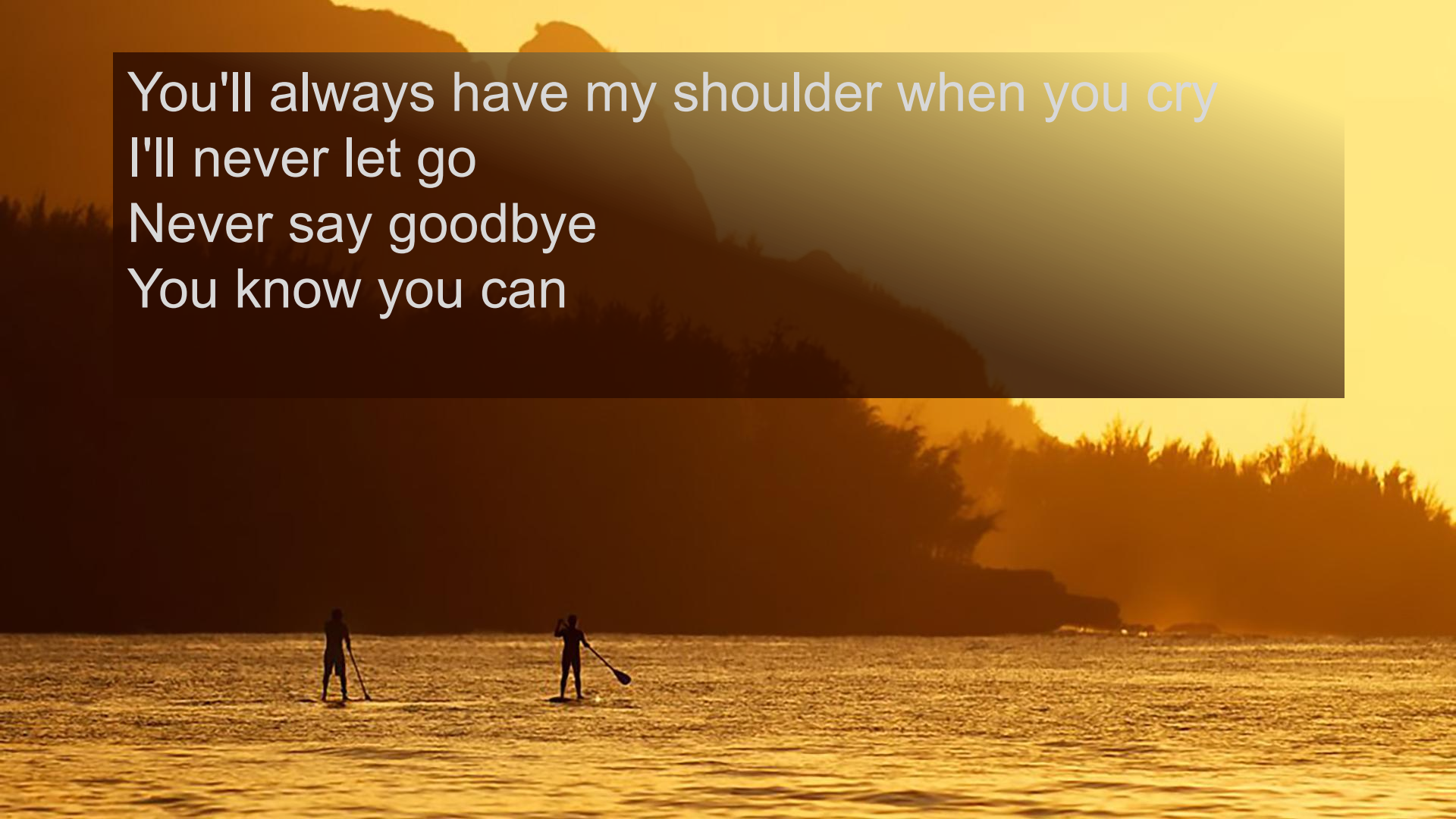
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Yeah, yeah



You'll always have my shoulder when you cry
I'll never let go
Never say goodbye
You know you can



...count on me like
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I'll be there

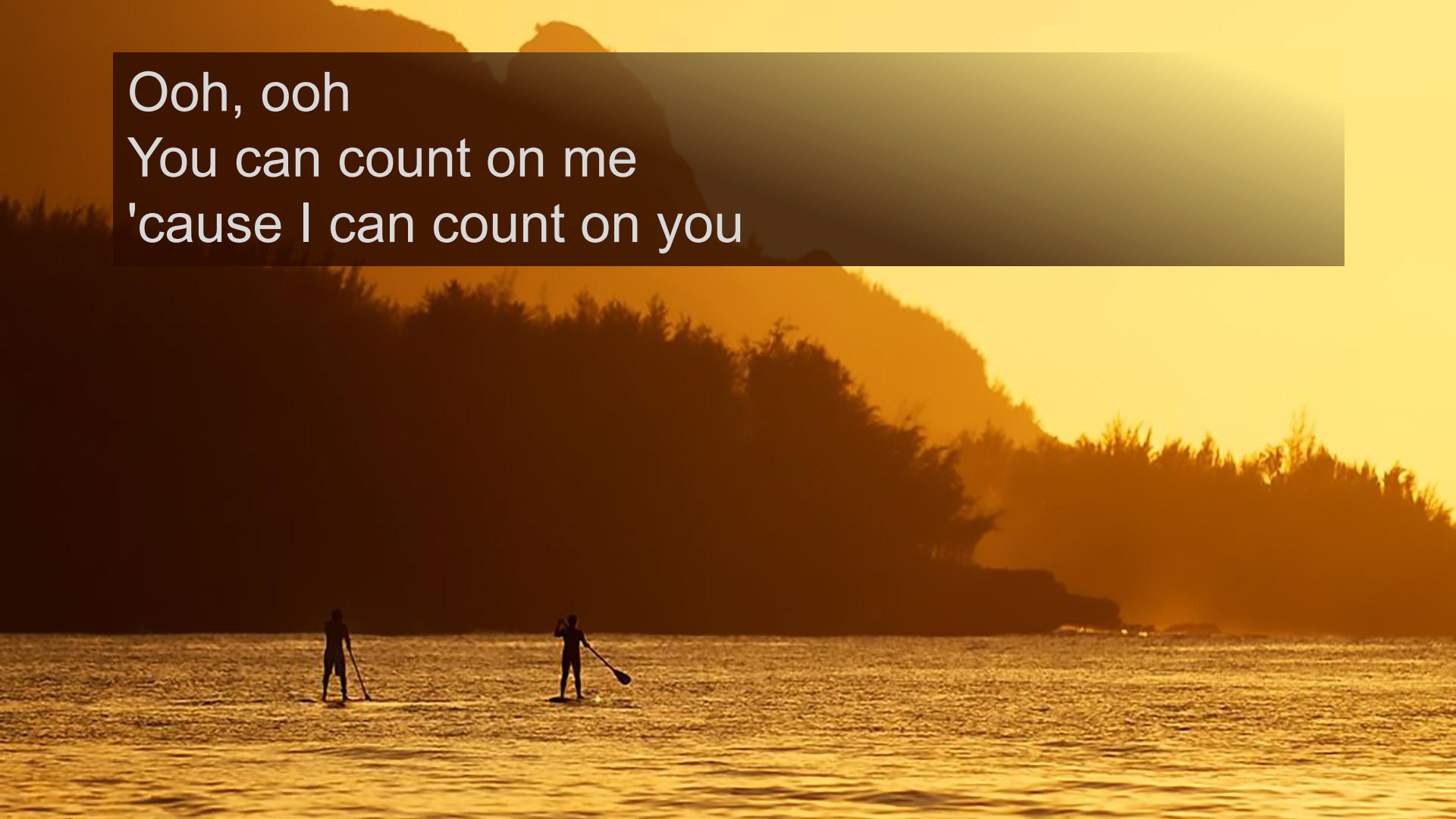
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yeah



Ooh, ooh
You can count on me
'cause I can count on you



Count on Me





ACTIVITY

H D J M S C H J E E N J M Q S F K I L X F P X K Q V X H E N
A R B F H N Z D H N I L P L I V V S O X S L K Z C O R U A V
E M O I L N O A M R Y N A Y G S N U C W B T P G F P Y C N F
I M V D G Z V I D R V N N O N O T U O G A A V F X P E Y C Q
P R M A W P P I S H G Q Y Z I O I C N T I B E P X W L R N B
B F S C C A B B O I W X H T F R A G F N W R R F Y D Z A I M
R D R Z W P D O S Q C I N O I T A C I N U M M O C F W N G W
W V S R K T R E X O T E N G C O P T D C D E W S U J G U C B
M P L V C O N G E S T E D H A Z I X E M F O I B H G U D R M
E D T K X I C S H N S U U E N A H S N F Q G I H A M Y D Y Q
V J N G E A U C I L F P Q F T O L O C B P P S R W E A O U X
N Q J Y G B T A E R T O T I O M R A E O A C R R Y V V Z Q F
R U G N I C N A M O R P V K T K R H C R V H H V P P B W U
F W V L O N G T E R M E U D H E T Z C N H E P V T P V R W R
R L A V P U D X D E T P C R E E P O U T Y Q E K E Q J N Y F
J V K X E N E I G Y H F T A R P P L A Y D Z X U M A R H Z A
Q Q Q F A P M J C D P U C H P E Y S I G I J Y M N Y C O B O
Y H T P N O N D A E L A S W R T I Z D R I J E K E A A R E
C Z V P O C G E T L O I I A O N O Y X E Y X V U J W M N
G K S J Y G B U S J H R O V E I N M D B O N N O K D L T E
Z S V Q V X N W M G W B I L D V X T F Y K B M Y K L J F S L
G N M J T G T I O A A C A W R E U O O B P Z X F T R J L M
M N W B Q K A F M E R K S J H T O R F S T D X M Z S L L Q L
H T M B I I Y H B D N U G P G I O H W Y P U S P G B G B D X
P W K K O T R E R D K M Q B J N X F J K Q E K X T D R T M R
J Z U T I W L F X O C D N O R X Z B Z D H O P A P A D X R X
M E E R N H P O Y C C J N L A W J Z F C S H U D O D H Z D A
U Y B F O V B P S W V B H N F E K U O Y A P K V L N H D L T
B S P H A M P J S W H E W U L W K O F R Y L M K I W U D P T



ACTIVITY RULES

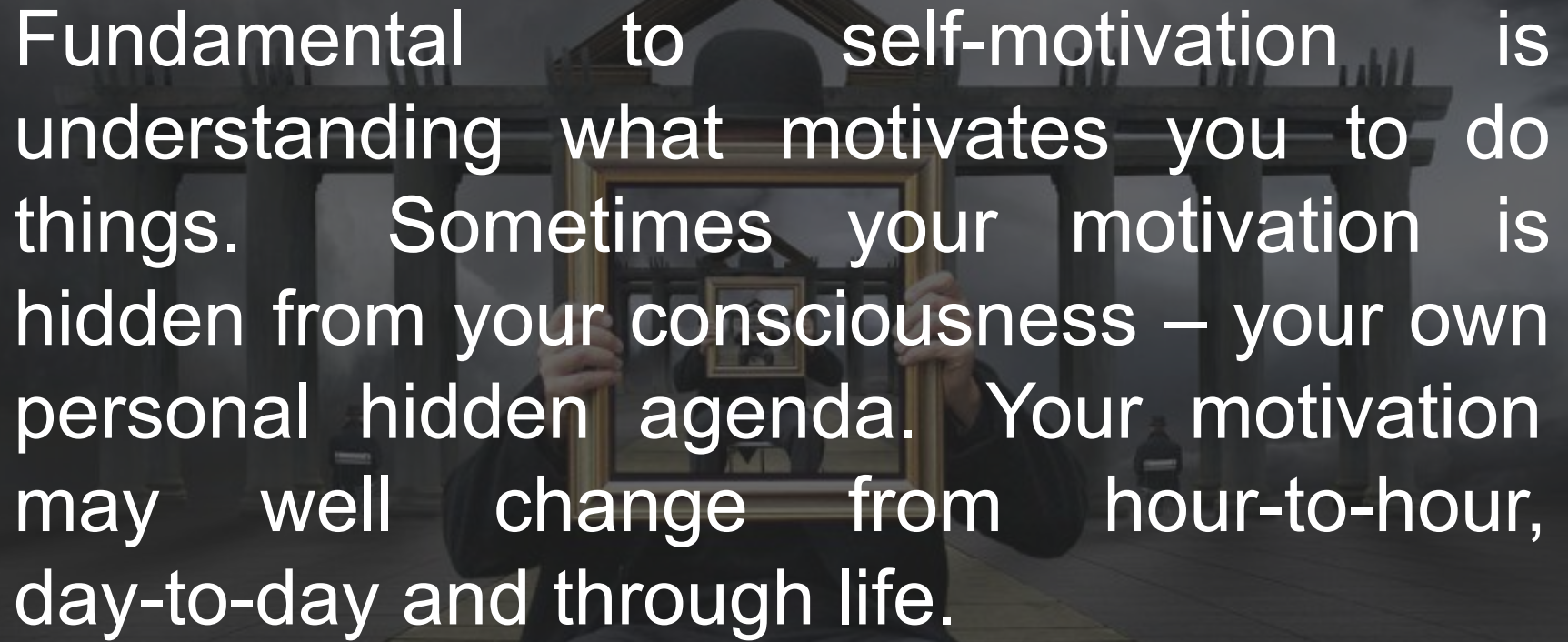
- Find your levels words with 1 partner
- For extra points find idioms and slang
- For half a point find words from other English levels
- For 2 extra points translate the words you found from your level



Being
self-

MOTIVATED



A person is sitting on a small stool in a grand, classical-style hall with high ceilings and columns. They are holding a large, ornate gold frame in front of them, which contains a smaller version of their own image, creating a recursive effect. The person is wearing a dark jacket and pants. The background shows the architectural details of the hall, including a large archway and a chandelier hanging from the ceiling.

Fundamental to self-motivation is understanding what motivates you to do things. Sometimes your motivation is hidden from your consciousness – your own personal hidden agenda. Your motivation may well change from hour-to-hour, day-to-day and through life.

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through

на протяжении

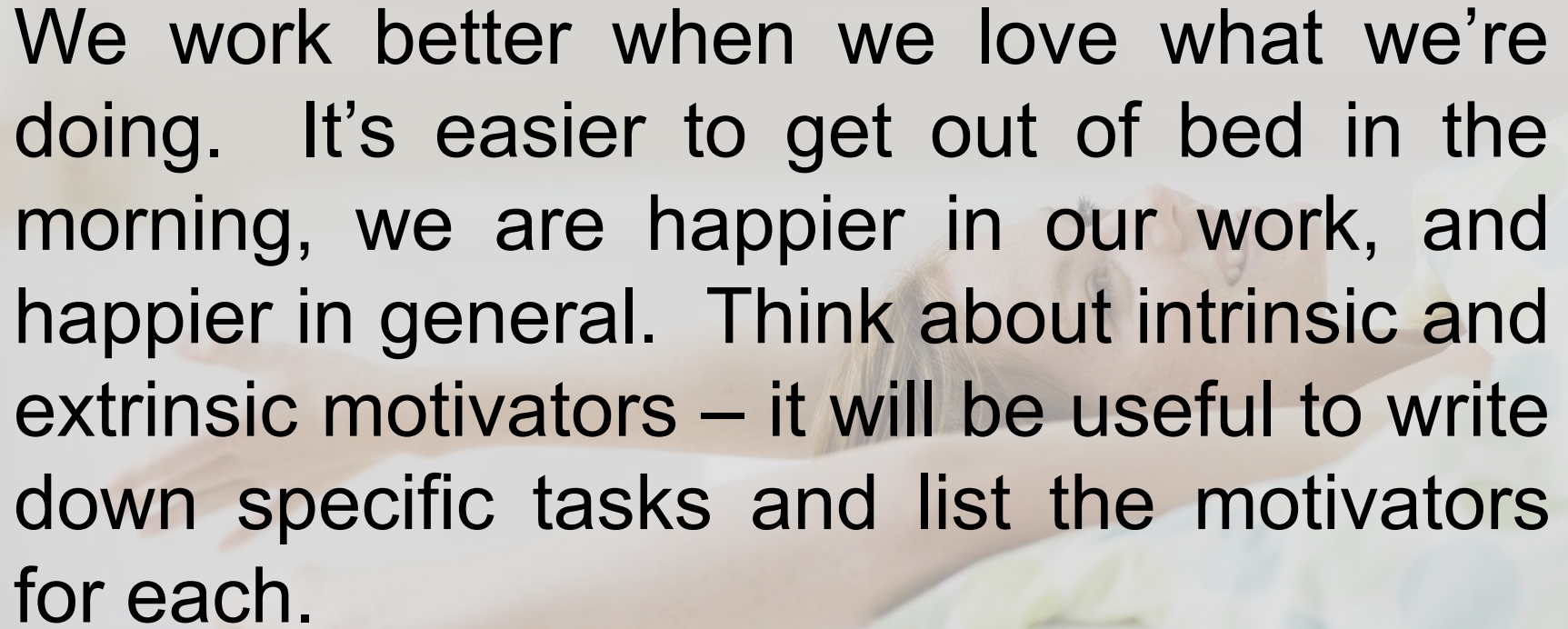
agenda

программа, план

consciousness

сознание



A woman with long brown hair, wearing a white long-sleeved shirt, stands with her arms outstretched to the sides. She is positioned in front of a backdrop featuring a pattern of large, colorful circles in shades of green, blue, and yellow. The background is softly blurred, suggesting an indoor setting with natural light. A semi-transparent white rectangular box is overlaid on the image, containing the text.

We work better when we love what we're doing. It's easier to get out of bed in the morning, we are happier in our work, and happier in general. Think about intrinsic and extrinsic motivators – it will be useful to write down specific tasks and list the motivators for each.

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morning

утро

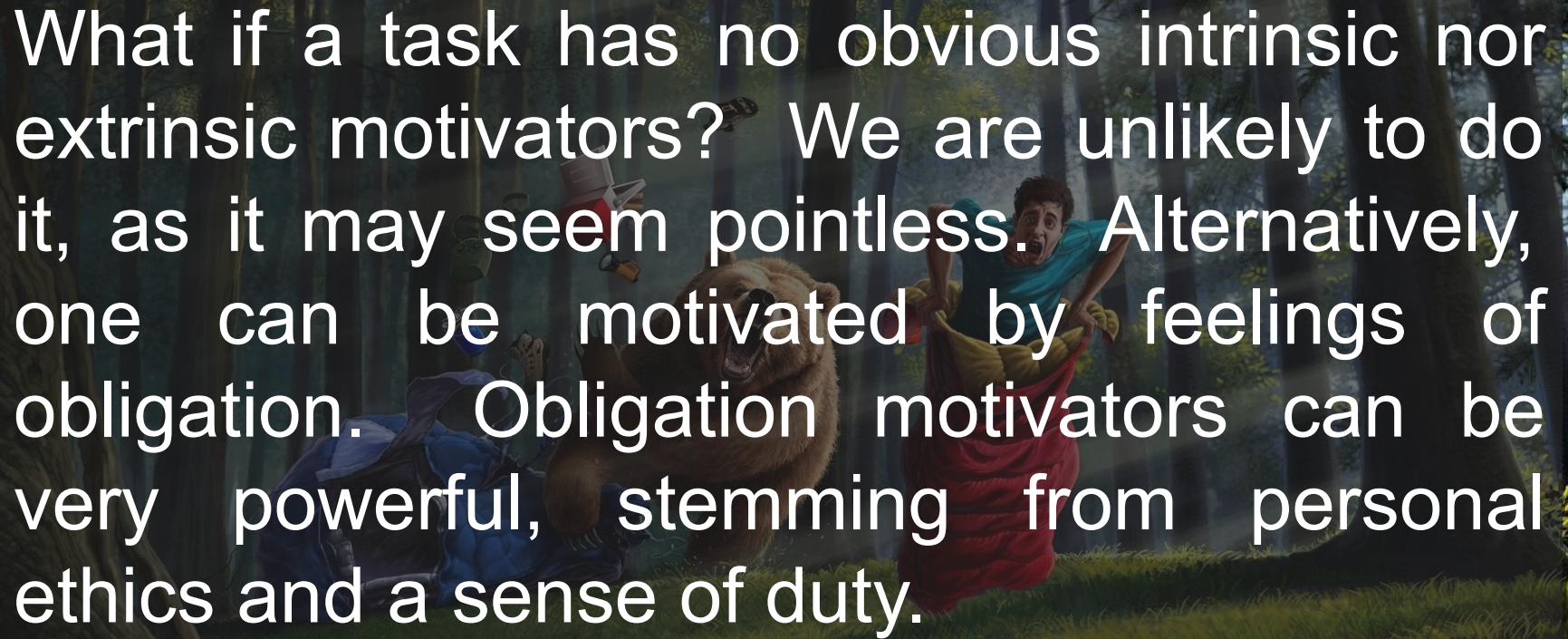
in general

в общем

intrinsic and extrinsic

внутренний и
внешний





What if a task has no obvious intrinsic nor extrinsic motivators? We are unlikely to do it, as it may seem pointless. Alternatively, one can be motivated by feelings of obligation. Obligation motivators can be very powerful, stemming from personal ethics and a sense of duty.

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unlikely

маловероятно

duty

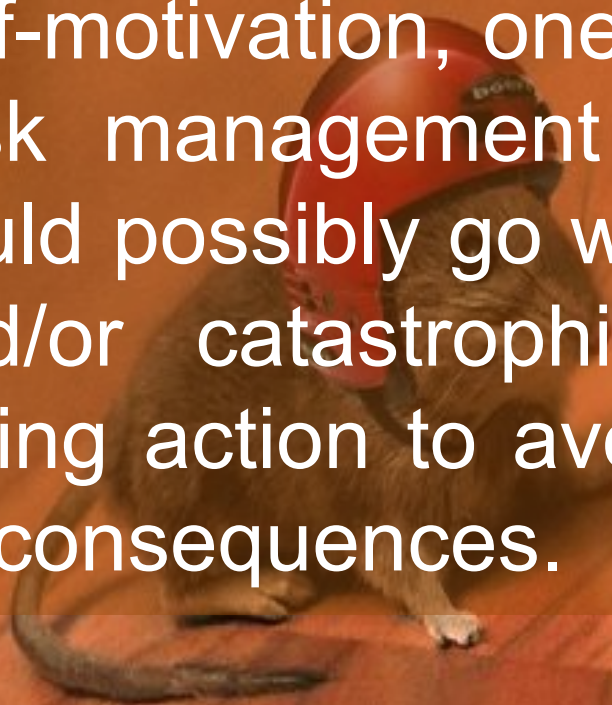
долг

obligation

обязательство



There are a number of skills involved in self-motivation, one being risk management. Risk management is thinking about what could possibly go wrong, deciding how likely and/or catastrophic that would be, and taking action to avoid either the problem or its consequences.



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wrong

неправильный

avoid

избегать

consequence

последствие, результат



It's good to deal with criticism positively. Criticism is difficult to accept – but you're responsible for your reactions. You can use criticism in a positive way to improve, or in a negative way to wallow in self-defeat and discouragement, increase stress, make you bitter or even angry.



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accept

принять

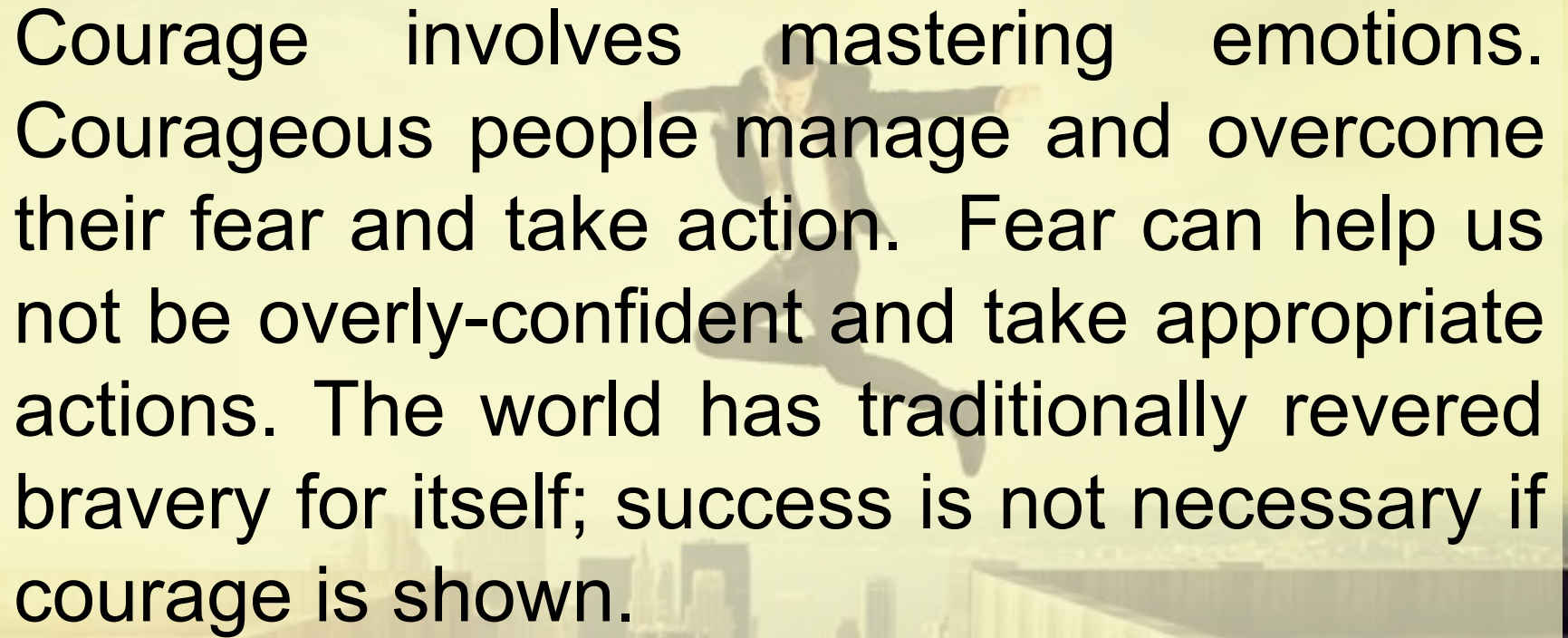
responsible

ответственный

discouragement

подавленность, упадок духа



A man in a dark suit is captured in mid-air, jumping over a wooden ledge. The background shows a dense city skyline with many skyscrapers under a hazy, golden sky. The scene is lit with warm, low-angle light, suggesting sunrise or sunset.

Courage involves mastering emotions. Courageous people manage and overcome their fear and take action. Fear can help us not be overly-confident and take appropriate actions. The world has traditionally revered bravery for itself; success is not necessary if courage is shown.

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courage

самообладание, мужество

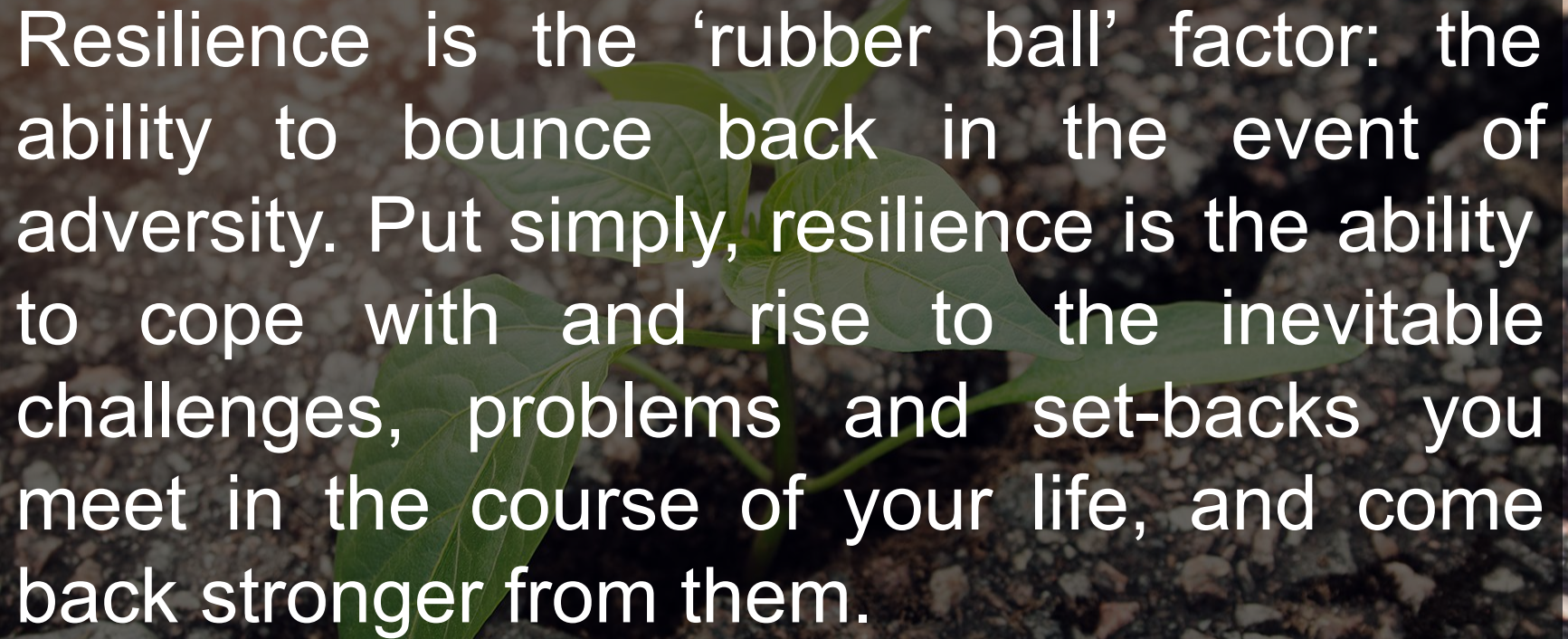
overcome

превозмочь

revered

почитаемый



A small green plant with several leaves is growing out of a crack in a dark asphalt surface. The background is a blurred view of the asphalt and some gravel. A semi-transparent dark grey box is overlaid on the image, containing white text.

Resilience is the 'rubber ball' factor: the ability to bounce back in the event of adversity. Put simply, resilience is the ability to cope with and rise to the inevitable challenges, problems and set-backs you meet in the course of your life, and come back stronger from them.

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bounce

отскакивать

adversity

трудность, беда

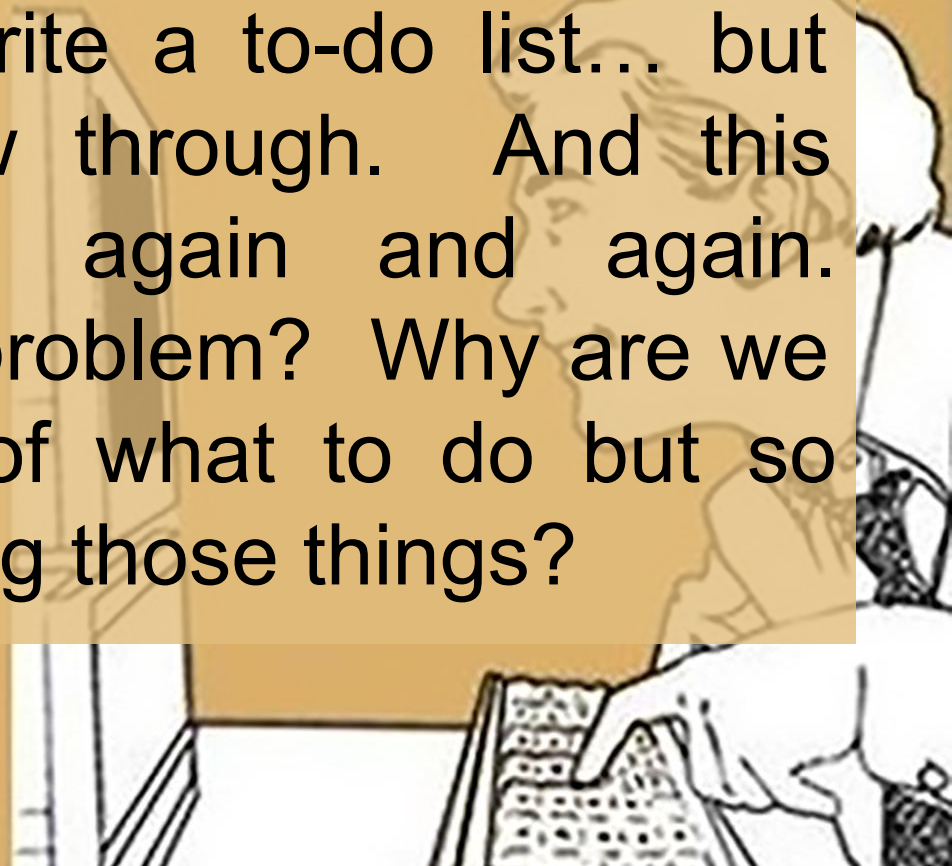
resilience

устойчивость

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.



You make goals... but then you procrastinate. You write a to-do list... but then you don't follow through. And this happens again and again and again. Seriously, what's the problem? Why are we so good at thinking of what to do but so terrible at actually doing those things?



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terrible at actually doing those things?

follow

следовать

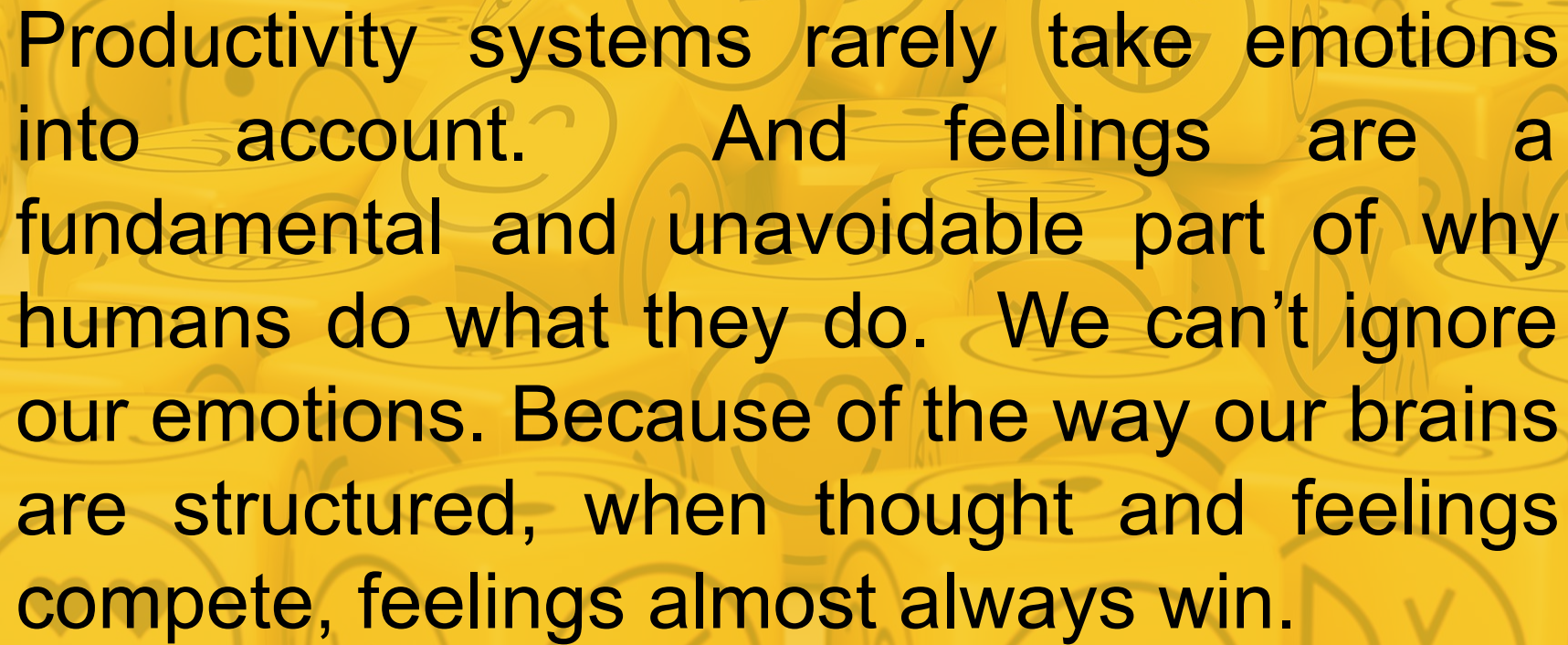
terrible

страшный, ужасный

procrastinate

откладывать



The background consists of numerous yellow dice scattered across the frame. Each die has a different emoji or symbol printed on its faces. Visible symbols include various smiley faces (happy, neutral, winking, heart eyes), a lightning bolt, a number '3', and a number '4'. The dice are arranged in a way that they appear to be rolling or scattered, creating a dynamic and colorful background.

Productivity systems rarely take emotions into account. And feelings are a fundamental and unavoidable part of why humans do what they do. We can't ignore our emotions. Because of the way our brains are structured, when thought and feelings compete, feelings almost always win.

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rarely

редко

ignore

игнорировать, пренебрегать

fundamental

основной, существенный

think



feel



do



We need to think to plan but we need to feel to act. So how can we rile up those emotions and get things done? Be optimistic by monitoring the progress you're making and celebrate it, treat yourself whenever you complete something on your to-do list, and surround yourself with people you want to be like.



We need to think to plan but we need to feel to act. So how can we rile up those emotions and get things done? Be optimistic by monitoring the progress you're making and celebrate it, treat yourself whenever you complete something on your to-do list, and surround yourself with people you want to be like.

to complete

завершать

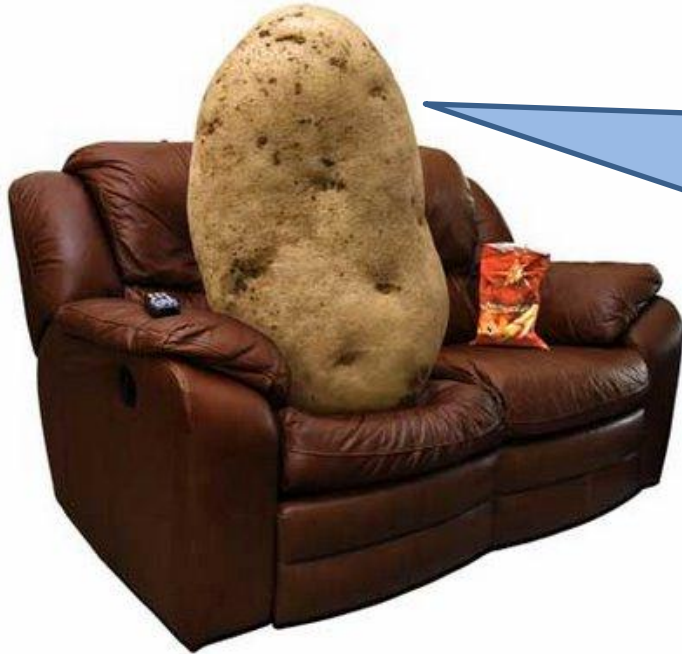
rile up

провоцировать

monitoring

КОНТРОЛЬ

IDIOMS



DON'T BE A
COUCH
POTATOE!

run a tight ship



run a tight ship

держат в ежовых
рукавицах, отлично
справляются с чем-
либо





bite off more than you can chew



bite off more than you can chew
брать на себя слишком много

full plate



full plate

дел невпроворот





run out of steam



run out of steam

потерять энтузиазм, выдохнуться с

catch a second wind



catch a second wind

обрести второе дыхание



amped (up)



zounds

amped (up)

быть на взводе



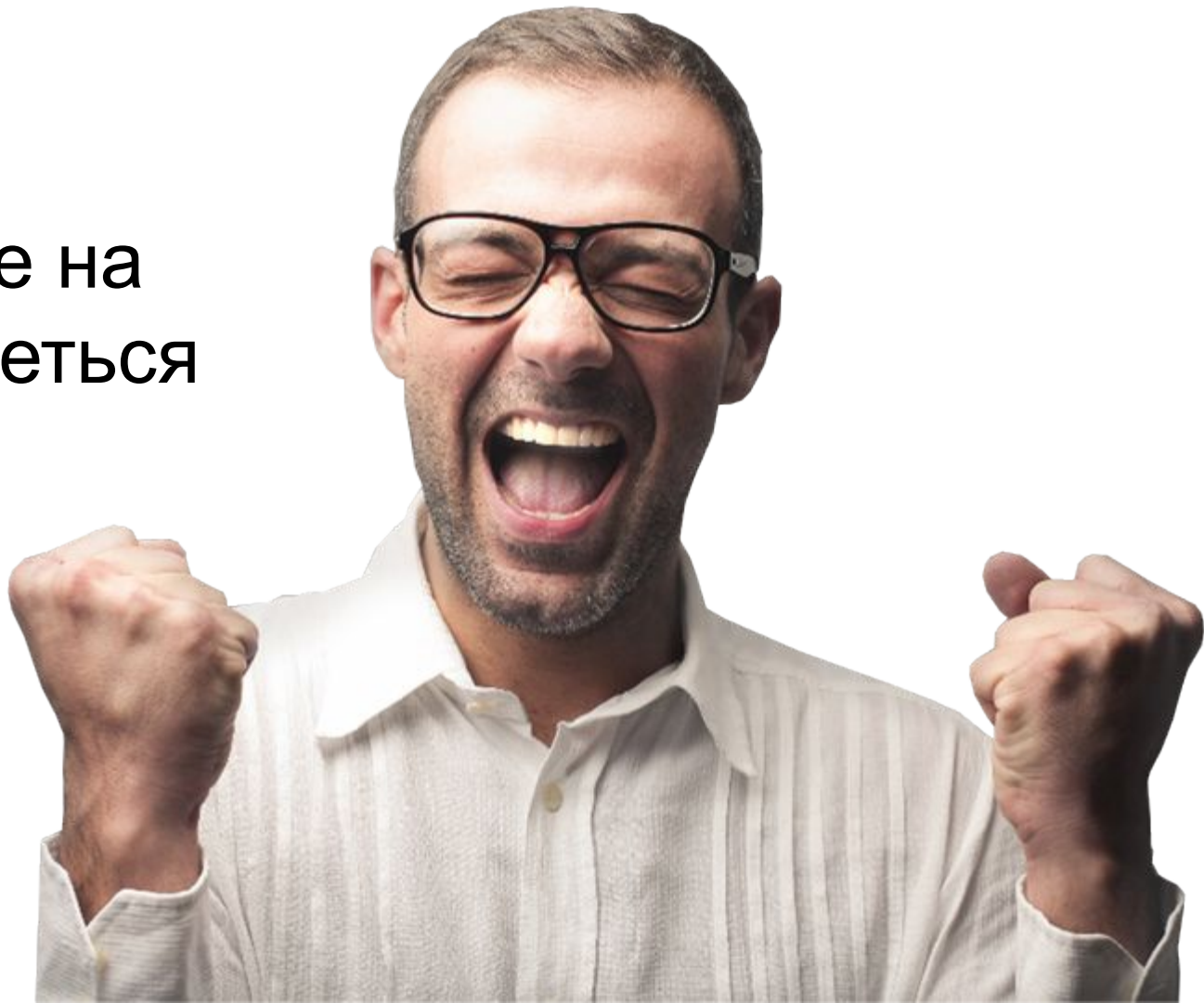
zounds

fired up



fired up

разойтись не на
шутку, загореться



hyped (up)



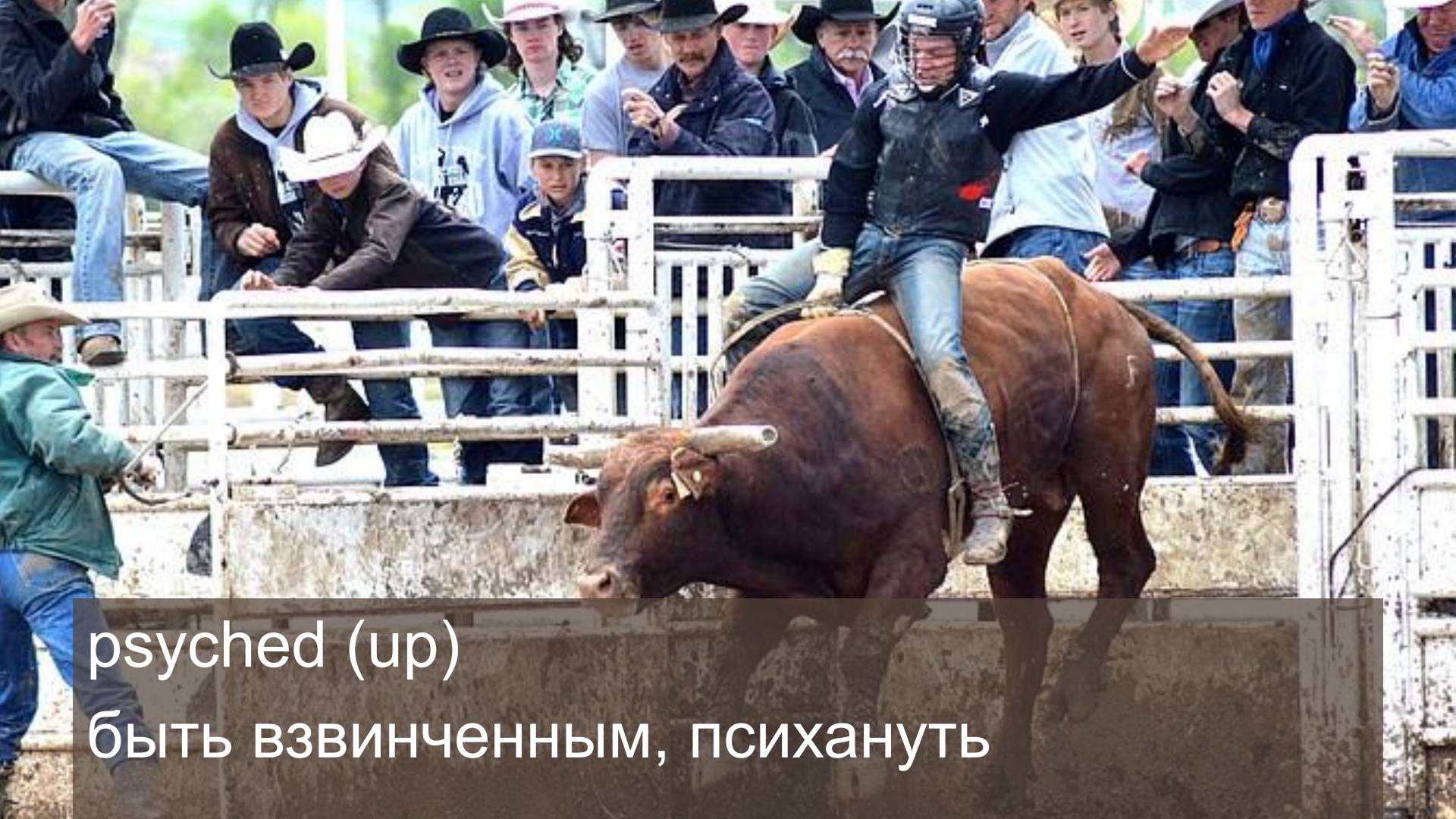
hyped (up)

взбалмошный





psyched (up)



psyched (up)

быть взвинченным, психануть

Jazzed

быть в восторге,

балдеть





Being
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MOTIVATED



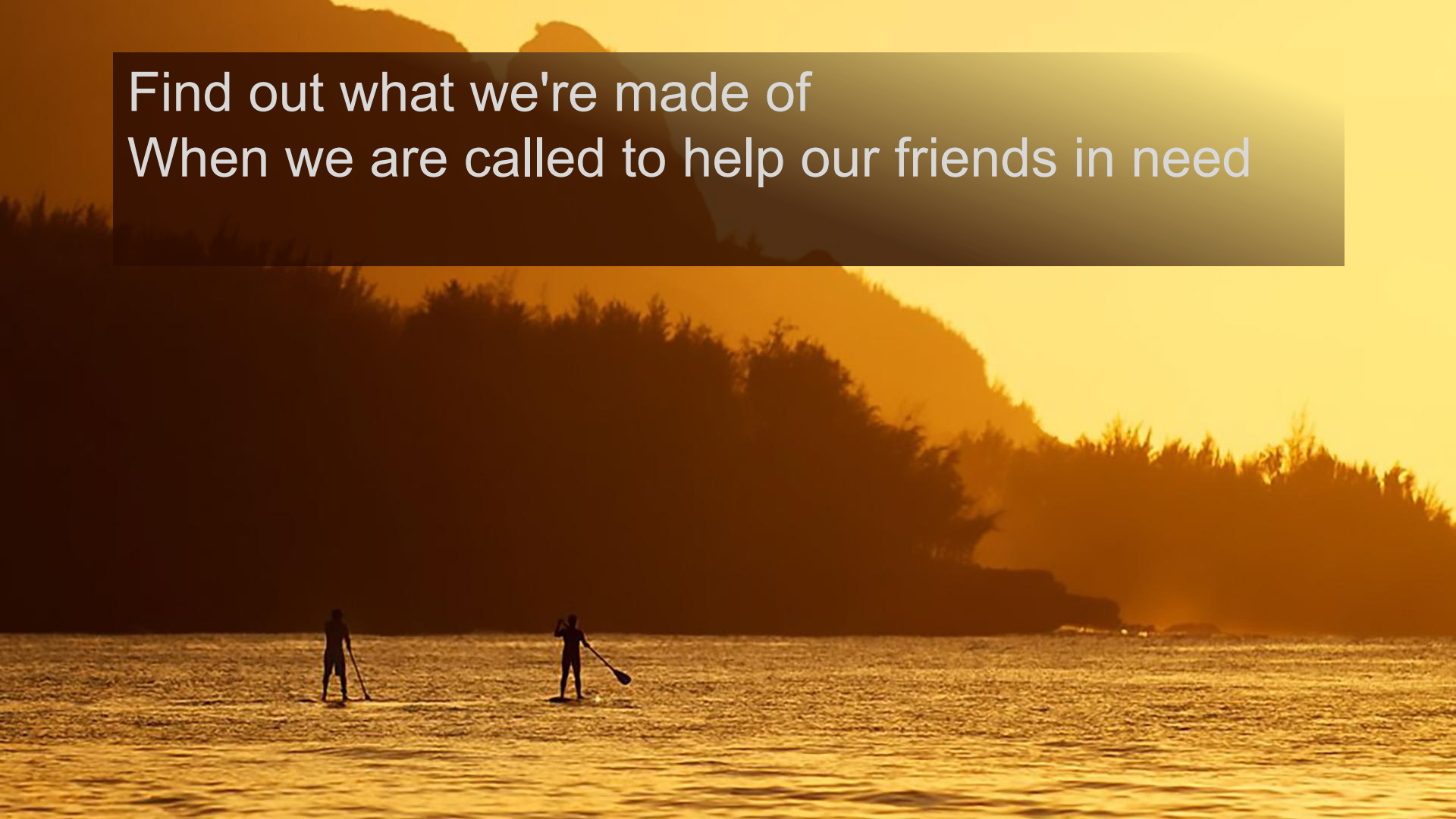
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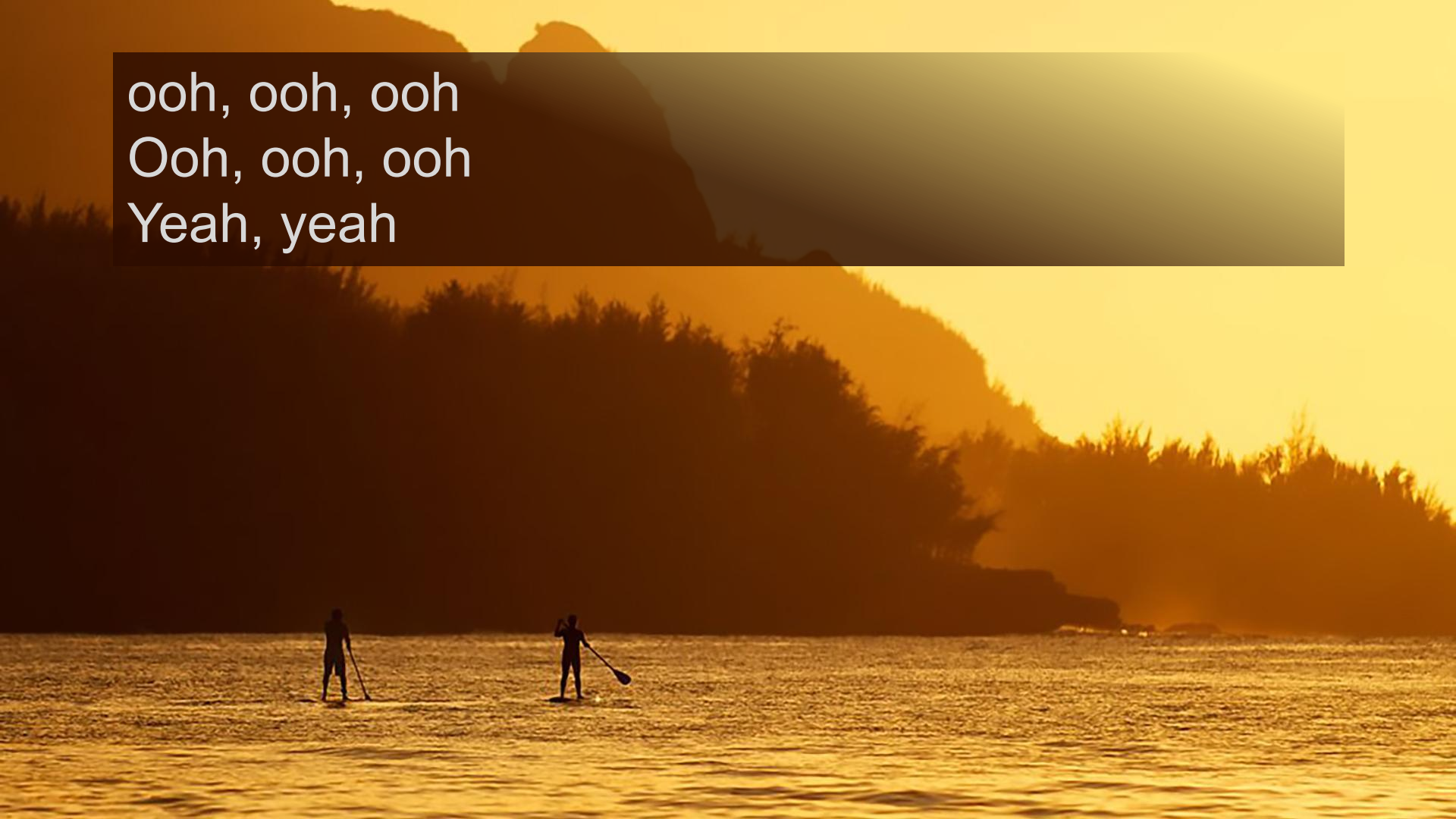
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You'll be there

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Ooh, ooh, ooh
Yeah, yeah



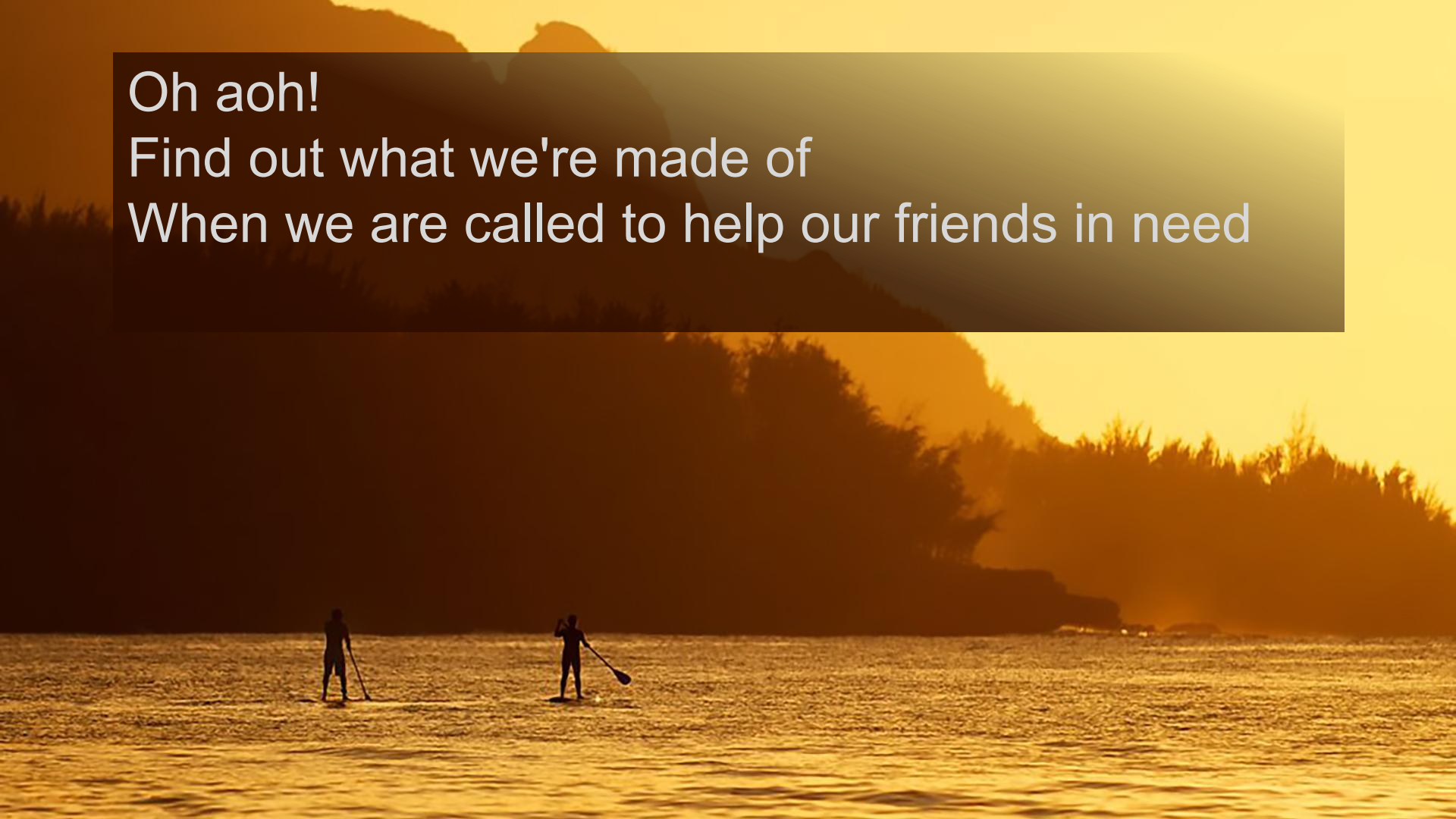
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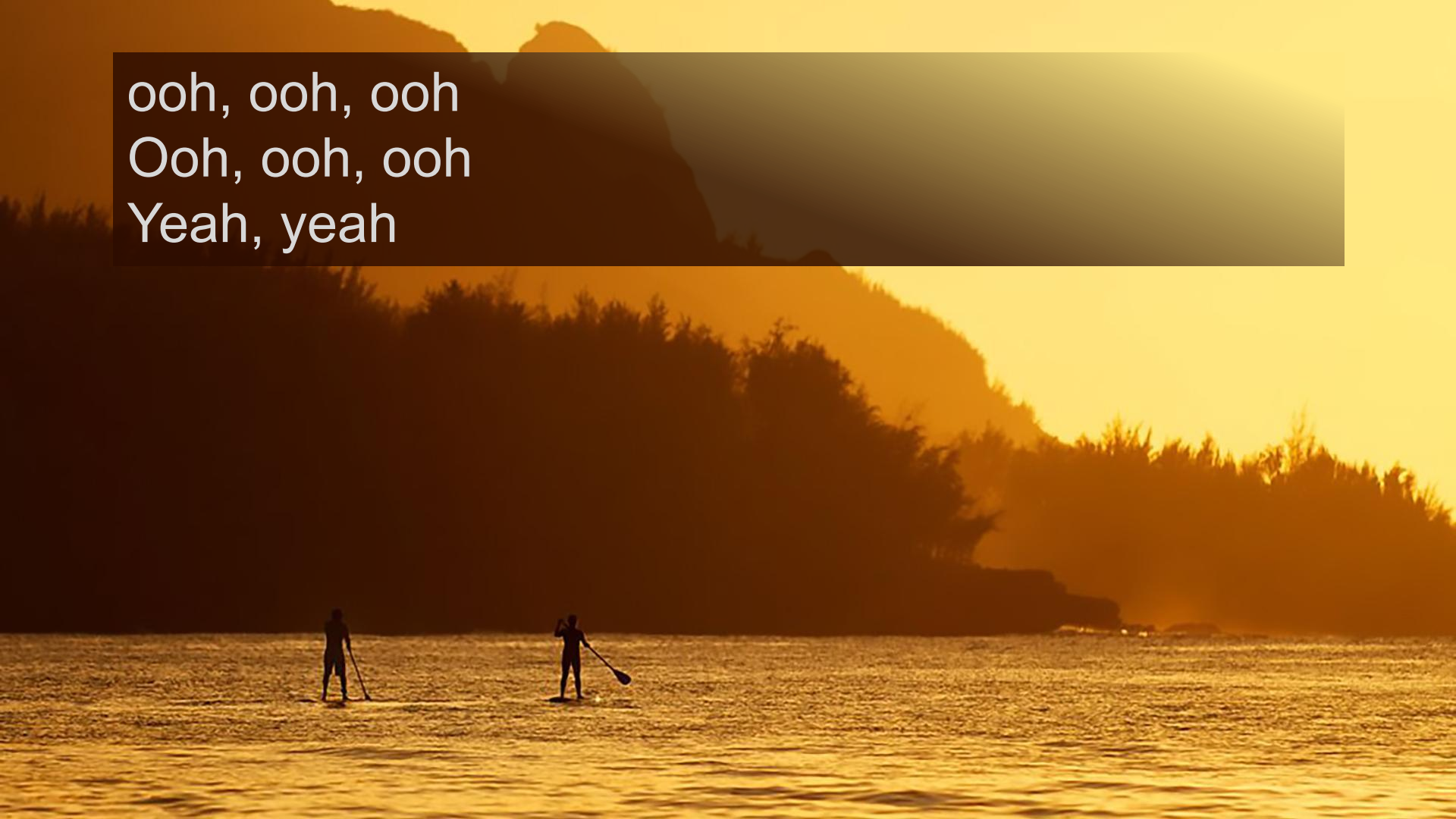
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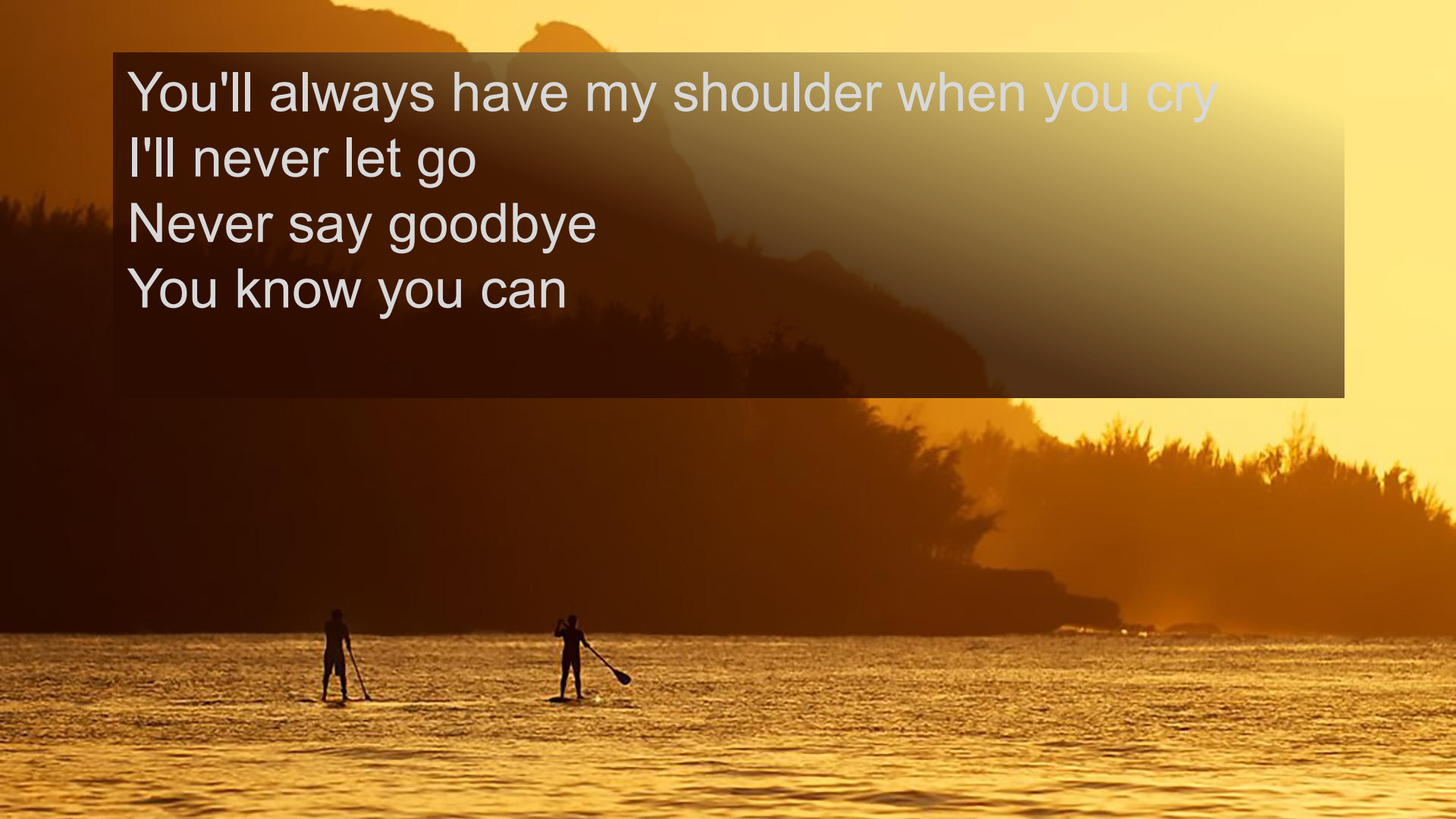
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I'll never let go
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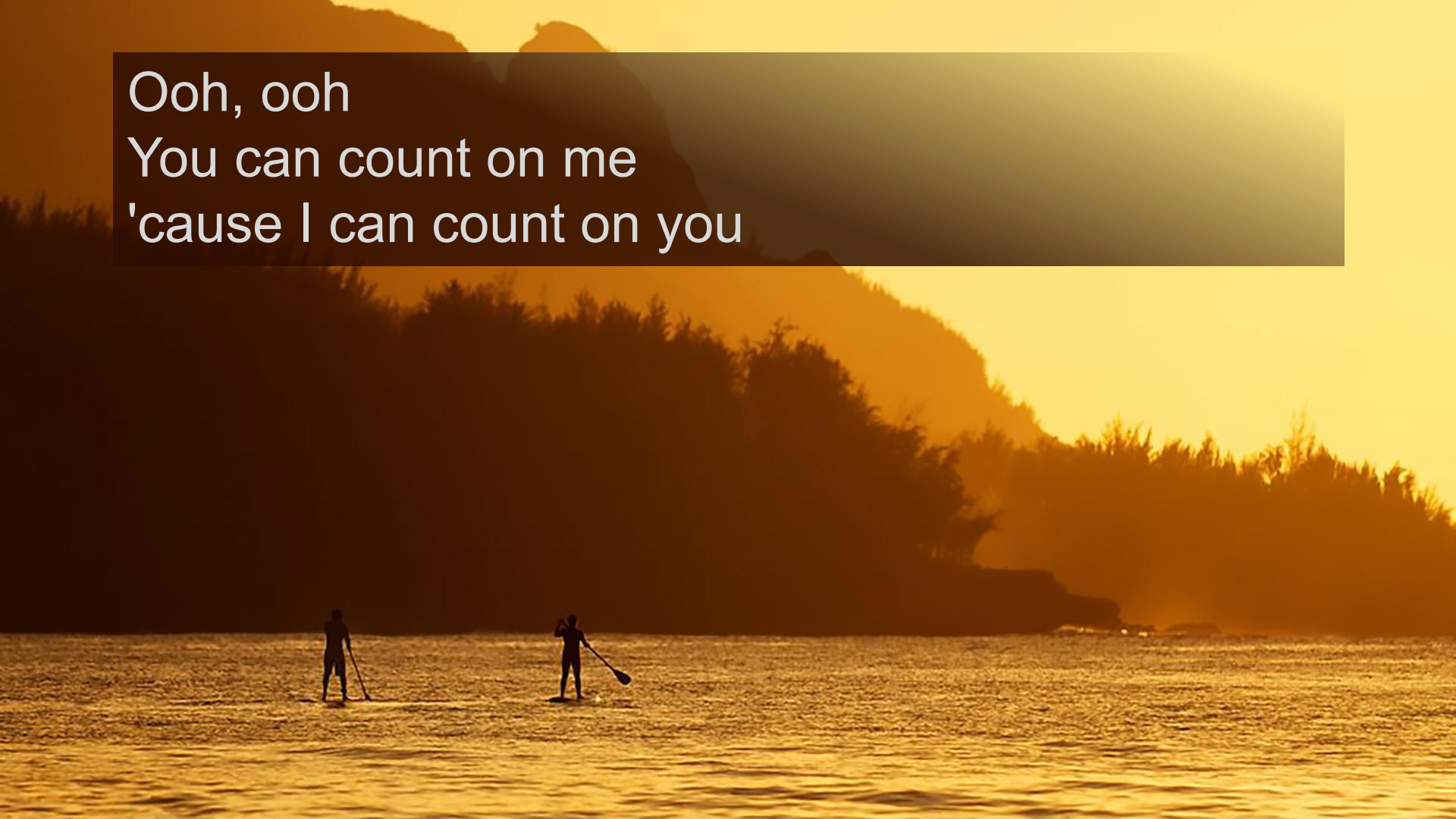
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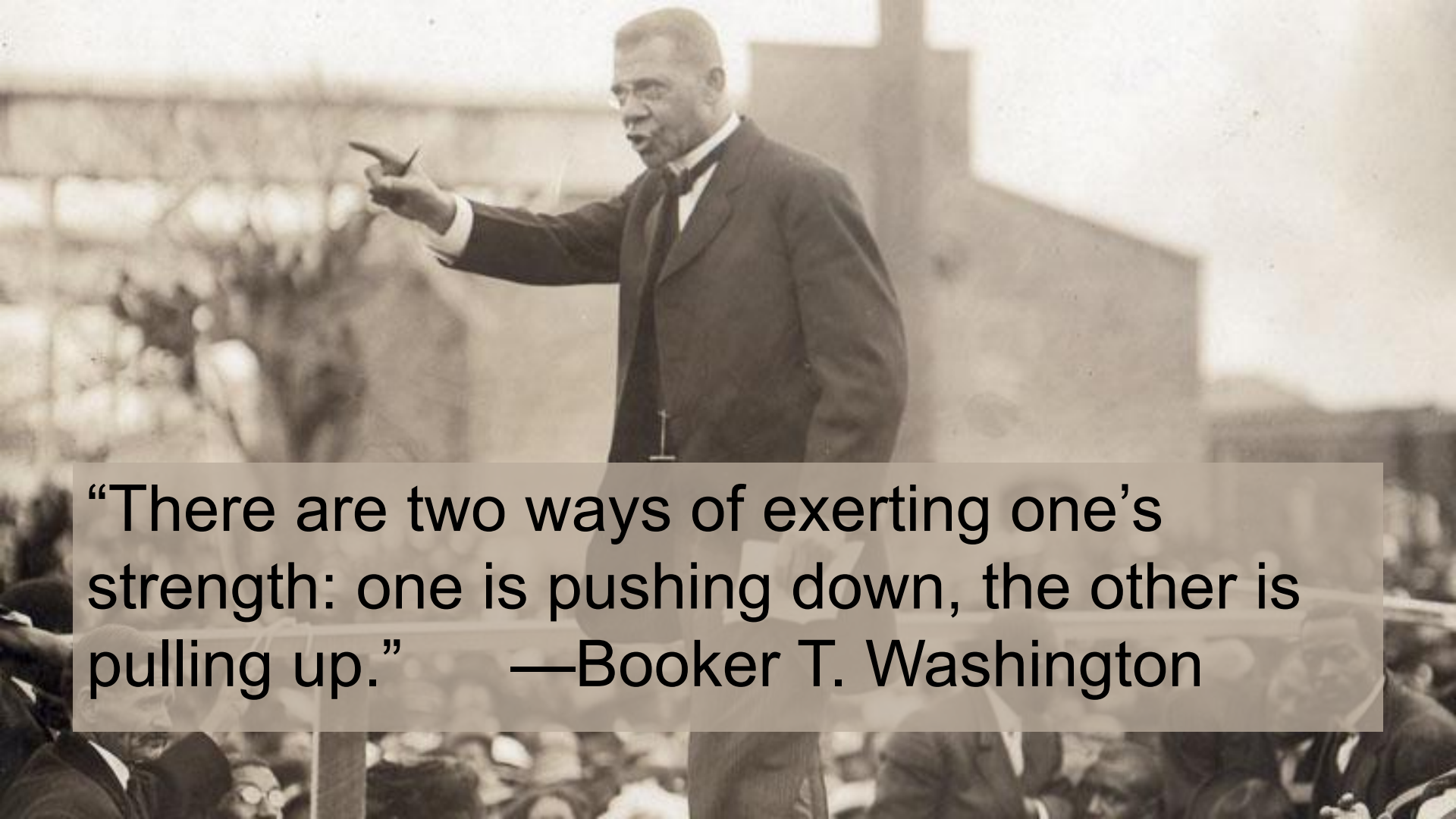
Ooh, ooh
You can count on me
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Count on Me





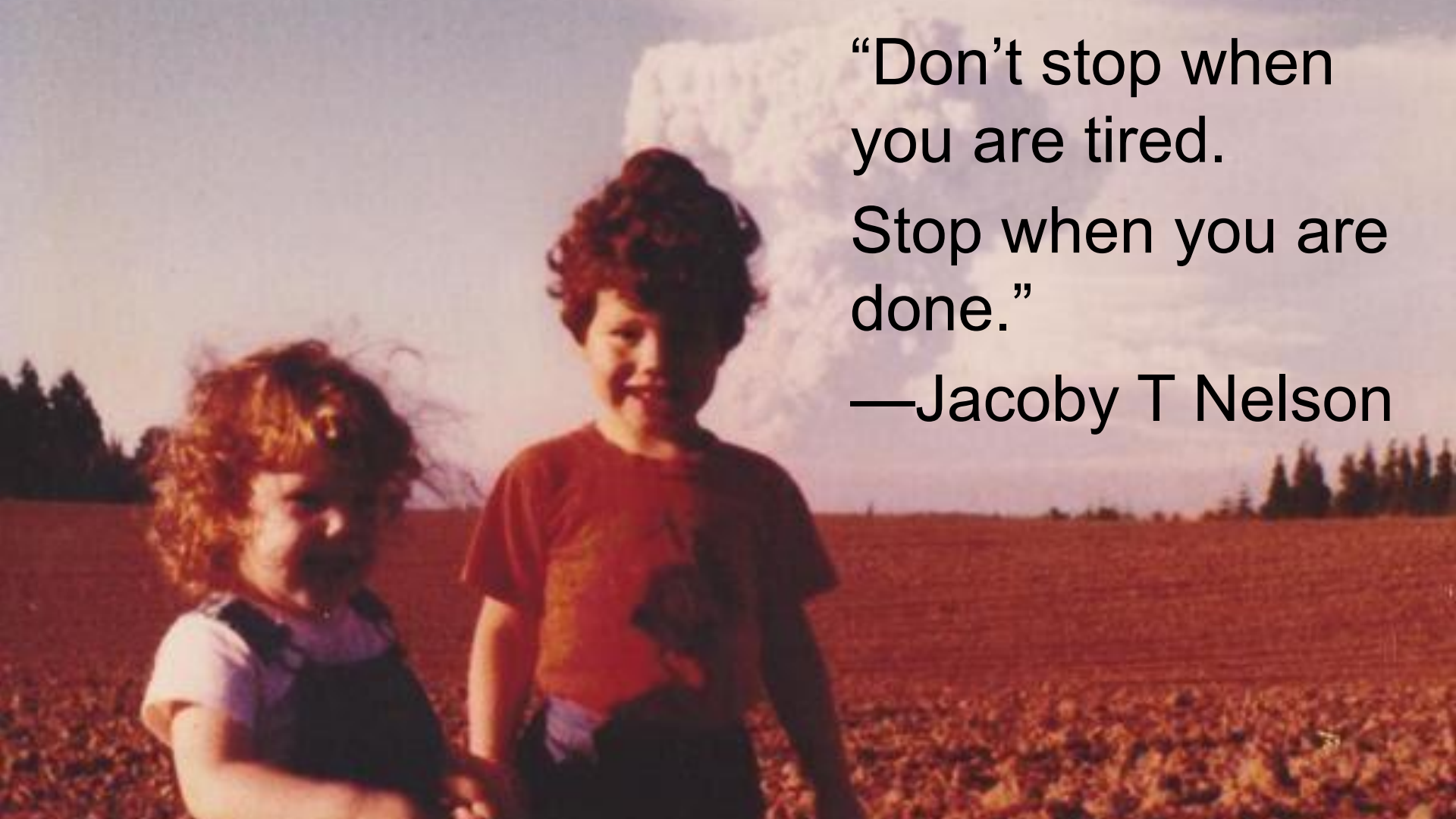


“There are two ways of exerting one’s strength: one is pushing down, the other is pulling up.” —Booker T. Washington

“I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.”

—Audrey Hepburn





“Don’t stop when
you are tired.
Stop when you are
done.”

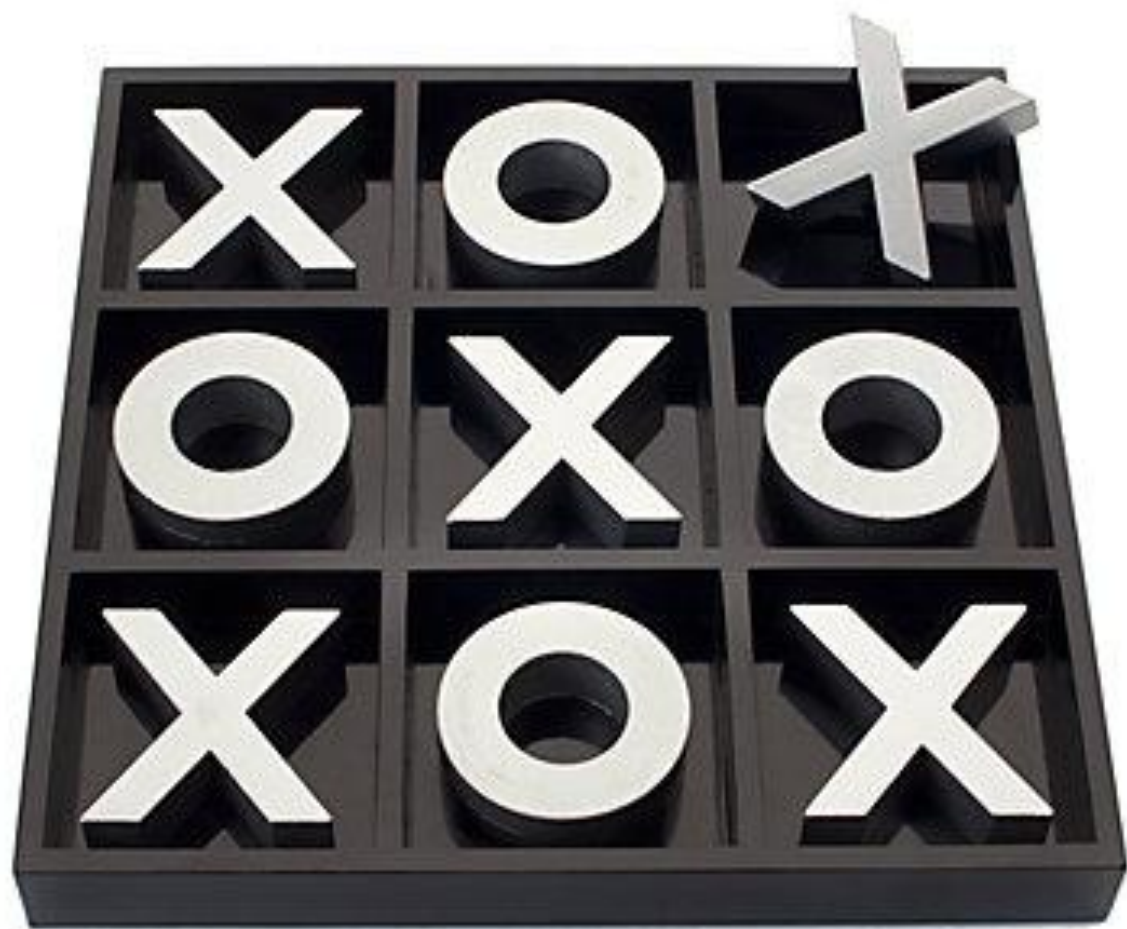
—Jacoby T Nelson



WHO WILL WIN?



ACTIVITY



ANNOUNCEMENTS

The background of the slide is a bright blue sky filled with fluffy white cumulus clouds. In the bottom-left corner, there is a small, dark green plant with several leaves.

A person with dark hair and glasses, wearing a green jacket and dark pants, is shown from the side, looking through a large telescope. The telescope is mounted on a tripod and is pointed towards the upper right. The background is a vibrant, multi-colored space scene with stars, nebulae, and a grid of faint lines. The overall color palette is dominated by purples, blues, and greens, with bright highlights from the stars and nebulae.

REALITY

РЕАЛЬНЫЕ ДИСКУССИИ
С РЕАЛЬНЫМИ ЛЮДЬМИ
О РЕАЛЬНЫХ СОБЫТИЯХ

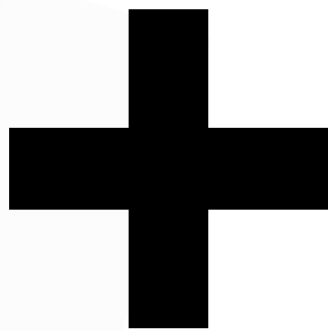
НА АНГЛИЙСКОМ ИЛИ НА РУССКОМ



PASSENGERS

**SPOILER
ALERT**

PX-8375







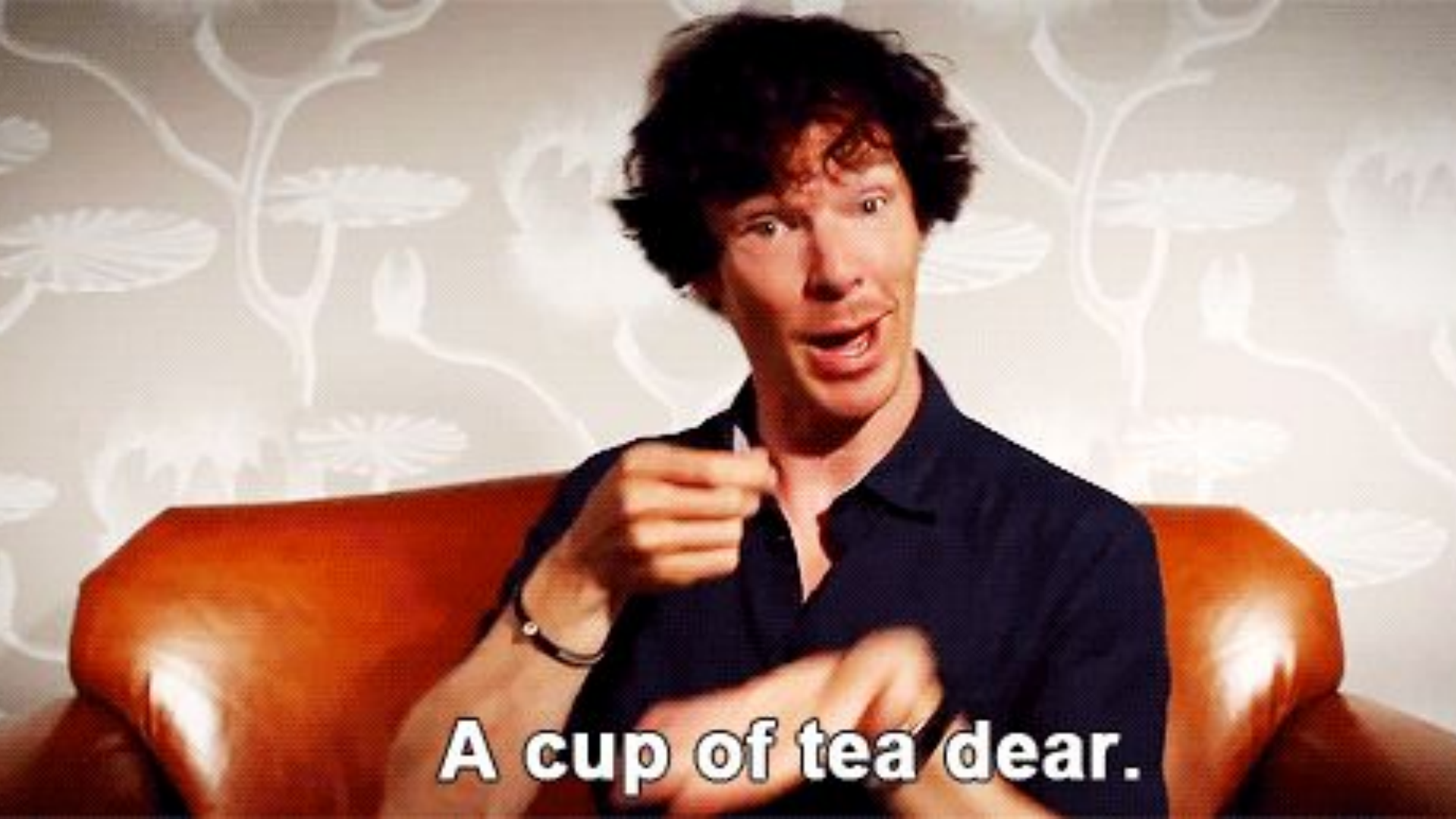




DONATIONS
Appreciated!



MIND BLOWING
SCIENTIFIC
FACTS



A cup of tea dear.



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