

# **Setting Goals**

**Pre- Advanced Kids - Lesson 8**

# Lesson 8. Setting Goals

**Describe the picture. How is it related to achieving goals?**



1. Do you have a lot of goals?
2. Have you achieved any of your goals yet?
3. What do you think should people do to achieve goals?
  - a. If yes, how?
  - b. If not, why?

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## Listening 8.1: Life Goals

- 1) Amir thinks everyone should travel \_\_\_\_.
- a) before they settle down
  - b) if they have the opportunity
  - c) no matter what
- 2) He wants to learn \_\_\_\_ languages.
- a) two
  - b) three
  - c) four
  - d) five
- 3) He wants to \_\_\_\_.
- a) be the boss
  - b) give orders
  - c) make lots of money
- 4) He wants to live \_\_\_\_.
- a) near the ocean or sea
  - b) close to Sweden
  - c) in an exotic place
- 5) He is afraid of \_\_\_\_.
- a) exotic cultures
  - b) big spiders
  - c) tall places
- 6) He wants to jump from \_\_\_\_.
- a) a cliff
  - b) a building
  - c) a plane

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## How to make your goals achievable?

Explore what SMART goals are, and discuss how you can use them to achieve your objectives.



<https://www.mindtools.com/pages/article/smart-goals.htm>

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A **bucket list** is a number of experiences or achievements that a person hopes to have or accomplish during their lifetime.

If this were your bucket of life goals, what would be the five most important goals you would put inside?

I would like to...



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## ▶ Grammar Point : Second Conditional

### Second Conditional

If + [past simple] , would + [base form of the verb]

Example: If I won the lottery, I would buy a car.

Condition	Possible Result
You have a billion dollars	
You meet your idol	
You can speak more than 10 languages	
You get 3 wishes from a genie	
You see a monster	
You die tomorrow	

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The highlighted words are incorrect. Give the correct words.

**Write** can make you more **production**, manage stress, and reduce **depressed**. It also orders your thoughts and emotions, which means you can **location** and solve many problems. And lastly, when you go after goals, writing helps you brainstorm **much** ideas.

**Fortunately**, most people don't write. For **examples**, less than two percent of people write down their goals.

A **recently** study on university students shows the advantages of writing. The university took action with students who are likely to fail at university. New students thought about important events from their **pass**, identified key motivators, and created plans for the future. The goals were specific, and the students also planned strategies for **succeed**. The university then followed these students **at** their university years.

As a result of the writing, the number of students who dropped out **increased**. In addition, academic achievement **decreased** for all genders and ethnic groups.

The results show that writing and setting goals can greatly help people succeed. The act of writing is truly more **power** than most people think.

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## Comprehension:

- The article first provides some benefits of writing. What are these benefits?
- According to the article, how many people write down their goals?
- What did students write about upon entering the university?
- What did the article say about ethnic-and gender-groups?
- What does the article conclude about writing?
  
- True or False
  - According to the article, more people use writing to reach their goals.
  - Students haven't prepared to write, and so they drop out of university.
  - Students wrote about past experiences and set future goals.
  - Writing helped all of the students succeed.
  - Gender and ethnic groups had fewer achievements after the writing exercises.



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## Post Comprehension:

1. Do you think setting goals prove beneficial? Why/not?
2. How often do you set goals for yourself? Do you regularly reach your goals?
3. How can someone increase productivity? Please explain.
4. How do you reduce stress? Please explain.
5. After reading the article, would you apply any of the ideas to your studies and/or life?

## Do you agree or disagree?

- I am a person who has a lot of goals.
- I almost always achieve the goals that I set for myself.
- Writing down my problems helps me succeed.
- Writing down my negative emotions helps me feel better.
- University isn't (or wasn't) a challenging environment for me.

# Lesson 8. Setting Goals

**CHANGE:** What do you want to change this year? Complete the table below.

	Changes	Why do you want to change?
Hobby		
Health		
Finance		
Friends		
Food		
World		

A **New Year's resolution** is a tradition in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life.



Is New Years Resolution effective or not?



# Lesson 8. Setting Goals



## Listening 8.2 : Listen to a talk about Silent Goals and answer the questions.

### 1. TRUE OR FALSE

- Keeping your goals to yourself makes them more likely to happen.
- Psychologists first discussed the topic in 1936.
- 263 people were involved in tests by psychologist Peter Gollwitzer.
- The participants were given 45 minutes to work towards achieving their goal.
- Those who kept silent about their goals felt they were close to achieving their goals.
- Those who announced their goals worked the entire 45 minutes.
- It is better to talk about your goals in a way that gives you no satisfaction.

### 2. Now complete the extract from the talk

When you tell someone your goal and they \_\_\_\_\_ it, psychologists have found that it's called a "social reality." The mind is kind of \_\_\_\_\_ into feeling that it's already done. And then, because you felt that \_\_\_\_\_, you're less \_\_\_\_\_ to do the actual hard work necessary.

It goes like this: 163 people across four \_\_\_\_\_ tests -- everyone wrote down their personal goal. Then half of them \_\_\_\_\_ their commitment to this goal to the room, and half didn't. So, if this is true, what can we do? Well, you could resist the \_\_\_\_\_ to announce your goal. You can \_\_\_\_\_ the \_\_\_\_\_ that the social \_\_\_\_\_ brings, and you can understand that your mind \_\_\_\_\_ the talking for the doing. But if you do need to talk about something, you can \_\_\_\_\_ it in a way that gives you no satisfaction. So \_\_\_\_\_, next time you're 6 to tell someone your goal, what will you say?

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- ▶ **Explain the following quotations.**

*“Setting goals is the first step in turning the invisible into the visible.”*  
Tony Robbins

*“Discipline is the bridge between goals and accomplishment.”*  
Tom Rohn

*“When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.”*  
Confucious

*“Your goals are the road maps that guide you and show you what is possible for your life.”*  
Les Brown

# Lesson 7. Earth Hour

## Vocabulary exercise "Goals"

- Fill in the blanks with the expressions on the right column.
- Change the form if necessary.

1. *I wouldn't even \_\_\_\_\_ telling her that.*
  2. *She just \_\_\_\_\_ her life \_\_\_\_\_.*
  3. *I always knew it was too much to \_\_\_\_\_.*
  4. *The police are \_\_\_\_\_ that they will soon find the killer.*
  5. *They \_\_\_\_\_ the scheme for the improvements and it was accepted by the board.*
  6. *He was always \_\_\_\_\_ so that we could never anticipate what he wanted.*
  7. *My vacation to Hawaii was like a \_\_\_\_\_.*
  8. *The dog looked \_\_\_\_\_ at the joint of meat.*
  9. *The mother \_\_\_\_\_ stared at the police officer.*
  10. *I \_\_\_\_\_ to be in London next week.*
  11. *Ann ran a fast race, but \_\_\_\_\_*
- a. dream of
  - b. dream up
  - c. dream away
  - d. dream come true
  - e. hopeful
  - f. hopelessly
  - g. hope for
  - h. hope
  - i. hopefully
  - j. fall short of one's goal
  - k. move the goalpost



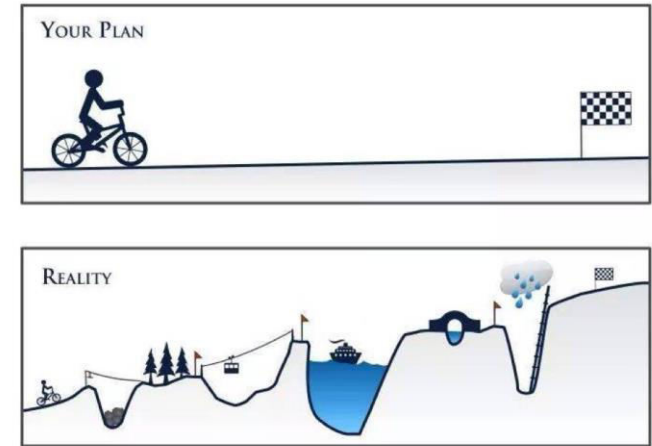
# Lesson 8. Setting Goals

Talk about the following pictures and discuss with your teacher.

1



2



3



# Lesson 8. Setting Goals

## ▶ What do the underlined expressions mean?

1. When you have a new personal goal, do you say it out loud or do you keep your mouth shut?
2. Having hot soup on a hot day to cool you down goes against conventional wisdom.
3. If you tell all your friends about your ambition, they will hold you to it.
4. We've only just started. We still have a long way to go to achieve our goal.
5. Although she is on a strict diet, she just couldn't resist the temptation to have another chocolate.

I'm almost there.

I'm just getting started.

I've got a long way to go.

I'm halfway there.

I'm not making much headway.

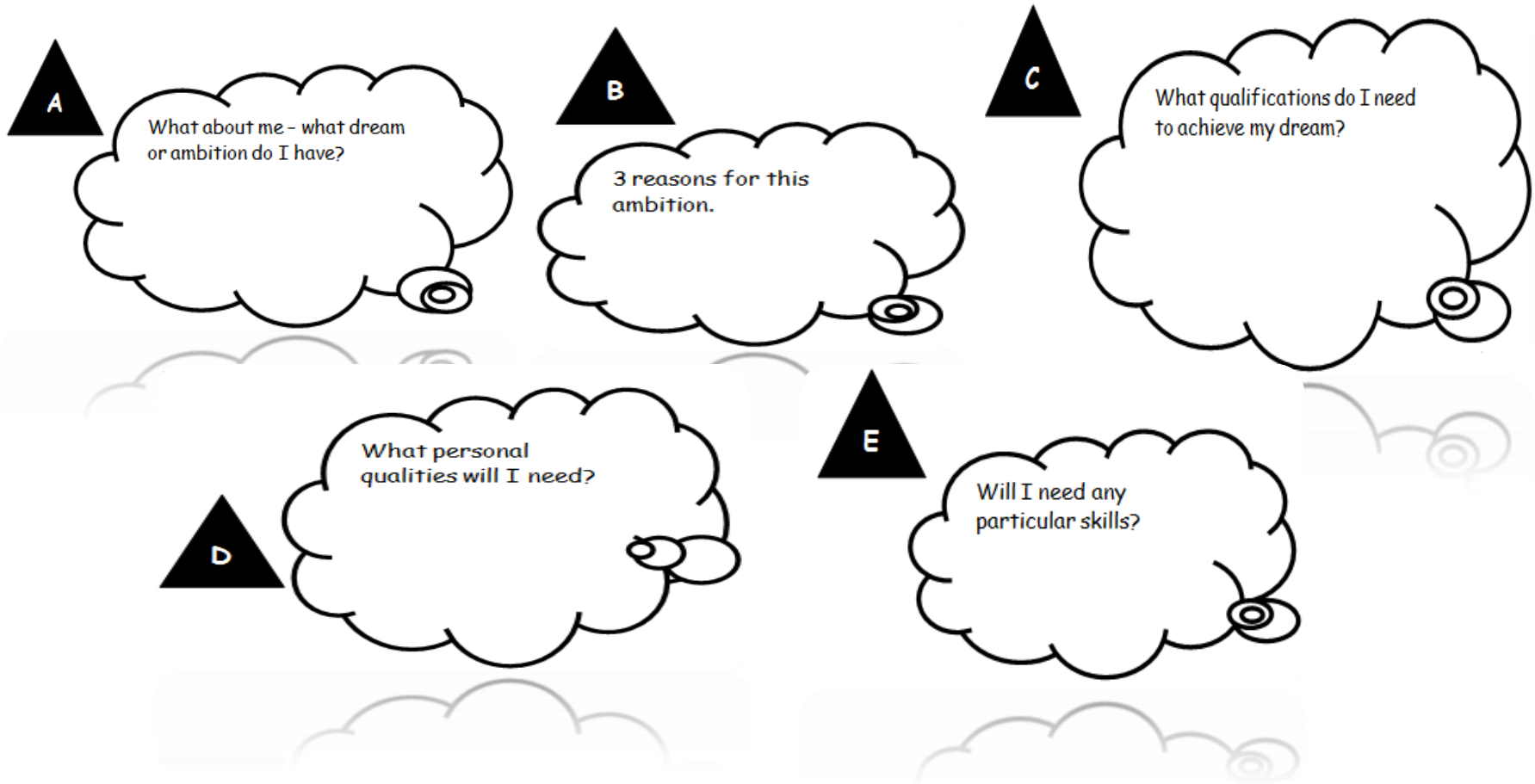
I've made it!

## ▶ Complete with the expressions in the box.

1. I can see the finish line. \_\_\_\_\_!
2. I have to read the entire book by tomorrow, but I'm only on chapter two. \_\_\_\_\_.
3. I've got 13 miles left to go to finish this marathon. \_\_\_\_\_.
4. \_\_\_\_\_! Bring out the champagne.
5. "How's your Japanese coming along?" "Well, I bought a phrasebook today, so \_\_\_\_\_."
6. I set off on my round-the-world trip this morning. \_\_\_\_\_.

# Lesson 8. Setting Goals

- Explore a dream ambition.
- Understand the differences between appropriate ambition and unrealistic fantasy.





# Lesson 8. Setting Goals

## Express Yourself

1. *Do you think it's important to have a goal?*
2. *Do goals always bring success?*
3. *Do you consider yourself an ambitious person?*
4. *What do you think causes a person to be ambitious - family, genes, or the culture in which he/she is raised?*
5. *What are the positive and negative results of being ambitious?*
6. *Name three famous people whom you admire for being able to achieve their goals.*
7. *How can you tell if a person is already successful?*
8. *What are the characteristics of a successful person?*
9. *Do you think one's social status as a child, whether rich, poor, or somewhere in the middle, affects his/her ability to succeed later in life?*
10. *Who has more goals, the youth or the elders?*
11. *Who possesses a greater amount of goals, men or women? Why do you think so?*
12. *What are your biggest goals and dreams?*
13. *How are you going to achieve them?*



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# The End