

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 **enthusiastic** about
- 2) a topic of conversation I find **stimulating**
- 3) a **rewarding** experience I've had

b) captures/inspires/sparks

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

c) accomplishment/eager/inspiration

- 1) an **accomplishment** I'm particularly proud of
- 2) a piece of art that is a great source of **inspiration**
- 3) something I'm **eager** 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!

[All the above lessons are available on the ESL Brains website. You can find the links [here](#).]

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?
**Extrinsic motivation is motivation for an external reward, like getting a prize.
Intrinsic motivation is motivation for an internal reward, like feeling accomplished or satisfied.**
- 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.

[If you are teaching a group of students, split the following task in two and ask them to create six questions each. If you are teaching one-on-one, choose six questions that you think are best to test your student's grammar.]

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 / ?
Did you use to be more enthusiastic about learning than you are now?
- b) how often / you / ask / meet deadlines / ?
How often are you asked to meet deadlines?

Stay interested, stay motivated

- c) why / you / decide / take up / this course / ?
Why have you decided to take up this course? / Why did you decide to take up this course?
- d) you / consider / take / a two-year English course / get a better job / ?
Would you consider taking a two-year English course to get a better job?
- e) when / you / find yourself stuck / do repetitive work, / how / you / motivate yourself / continue / ?
When you find yourself stuck doing repetitive work, how do you motivate yourself to continue?
- f) if / you / have more free time / in the past, / you / spend it / study English / ?
If you had had more free time in the past, would you have spent it studying English?
- g) what / inspire / you / choose / the profession you have / ?
What inspired you to choose the profession you have?
- h) what language other than English / you / recommend / study / ?
What language other than English would/do you recommend studying?
- i) if / you / have to / quit a bad habit, / how / you / start / ?
If you had to quit a bad habit, how would you start?
- j) what / the things / you / wish / you / be good at / ?
What are the things that you wish you were good at?
- k) what / discourage / you / pursue / your goals / ?
What discourages you from pursuing your goals?
- l) you / ever / try / motivate / someone else / do something / ?
Have you ever tried to motivate someone else to do something? / Have you ever tried motivating someone else to do something?

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

