

Do you feel motivated yet?

1. Discuss the sayings below. Which of them are the most/least inspiring or motivating?

- Hard work may bring you success; but success always demands hard work.
- Don't wait for opportunity. Create it.
- Discipline is the key to success.
- Determination and grit are all you need to achieve your goals.
- If you believe in yourself, you are capable of doing anything.



[As a short extension, you can ask students what (else) they do to get motivated.]

2. Look at the words (a–f) and match them to their synonyms (1–6).

- | | |
|--------------------------|------------------|
| a) nonsense 2 | 1) profound |
| b) consequences 4 | 2) gibberish |
| c) deep 1 | 3) articulate |
| d) unclear 5 | 4) repercussions |
| e) perfect 6 | 5) ambiguous |
| f) express 3 | 6) impeccable |

3. Look at the collocations and add two more words that can be used with the word in bold.

Possible answers:

- profound** speaker,... **questions, understanding**
- ambiguous** message,... **instructions, reaction**
- impeccable** presentation,... **qualifications, references**
- articulate** words,... **ideas, feelings**
- significant **repercussions**,... **have, possible**
- complete **gibberish**,... **talk, total**

4. Complete two opinions using the words from ex. 2 and guess what they are about. Say which one you agree with more.

They are about motivational and educational videos.

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- a) They are not as **profound** as everyone thinks. They might have an **impeccable** image and a speaker might sound intelligent, but in the end, there's very little meaning: they are often **ambiguous** and impractical.
- b) They're not all **gibberish**. There are wise and experienced people behind the making of them. At the same time, too many people are now posting them not being able to **articulate** their thoughts well. The **repercussions** of this are that the audience don't trust them.

5. Watch a **video** [<https://youtu.be/EkPZx6hjG7E>] (to 02:58) and discuss the questions.

- What do you think about the ideas expressed in the video? What motivated people to make this video?
- Is it easy to find a good motivational video?
- Have you ever seen a motivational video that was disappointing or gibberish?

6. Watch the **video** (to 02:58) again and explain what the techniques below are.

- a) hypnotic speech pattern **It's a way of making yourself sound deep by slowing down your speech and emphasizing some key words. [00:38]**
- b) antimetabole **It's a technique of mirroring your phrase by switching two words around. [01:27]**
- c) appeal to tribalism **It's based on the idea that it feels good to be given an identity or belong to a group. [02:16]**

[After students watch the video, ask them if they recognize any of the techniques and if they remember seeing or hearing them being used anywhere. You can also ask if students find these techniques effective.]

7. Discuss the questions.

- Should there be any negative repercussions for those who spread ambiguous ideas through motivational or educational content?
- What does it take to be a motivational speaker? Can you think of an impeccable example of such a person?
- What are the key reasons inspirational talks become popular?

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- What do you think about the effectiveness of inspirational talks for personal growth?
- Think of a time a motivational or educational video helped you. What was it about? What did it inspire you to do?
- Do you find these things useful? Have you encountered gibberish among them?
 - self-help books
 - personal-growth courses
 - coaching sessions
- What other strategies might be effective for promoting personal growth and self-improvement?

8. Look at the things below and discuss if they make a speaker sound more profound or inspiring. On a scale from 1 to 10, decide how important they are for a motivational speaker.

[When discussing the techniques, ask students to think about different people: content creators, politicians, lecturers, conference speakers.]

using a lot of complex terms

dressing smartly

using inspiring music

using visual aids (videos and photos)

quoting famous people

sharing personal experience

asking rhetorical questions

[This worksheet includes an additional task that you can use as homework or revision. It's only available in the teacher's version of the worksheet. Print it, cut it up and hand it out to your students.]

Look at the motivational sayings generated by AI and complete them with the words from the box. Then, think about what each saying means and decide whether you like them.

[The explanations are also generated by AI (ChatGPT). Students can compare them to their own answers.]

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ambiguity articulate gibberish impeccable profound repercussions

- a) Embrace the **ambiguity** of life, for within it lies endless possibilities and opportunities for growth and discovery. **How AI explained it:** It emphasizes the importance of being open-minded and adaptable, and of approaching challenges and obstacles with a spirit of curiosity that can unlock our full potential.
- b) Don't let the **gibberish** of doubt and fear drown out the voice of your inner wisdom. **How AI explained it:** This quote encourages people to trust their inner wisdom and intuition, rather than getting caught up in self-doubt and fear. It suggests that the negative self-talk and "gibberish" that can fill our minds at times can be overcome by believing in ourselves and our own capabilities.
- c) Learn to **articulate** your dreams and desires with clarity and conviction, for they are the seeds of your future success. **How AI explained it:** This quote encourages people to be clear and specific about what they want to achieve in life, and to express their goals and aspirations with confidence and conviction. It emphasizes the importance of communication and self-expression, and the role they play in helping us create the life we truly want.
- d) Always aim for **impeccable**, not just good enough. **How AI explained it:** This quote encourages people to pursue excellence in all that they do. It suggests that we should always aim to do our best and strive for "impeccable" performance, rather than settling for mediocrity.
- e) Every action has a reaction and every choice has **repercussions**. Choose wisely and let the positive ripple effects of your actions be felt far and wide. **How AI explained it:** This quote emphasizes the importance of making thoughtful choices and being aware of the consequences of our actions. It suggests that every decision we make, no matter how small, has the potential to create a ripple effect that can impact not only ourselves, but also those around us.
- f) The most **profound** thing we can do is fully embrace who we are and share ourselves with the world. **How AI explained it:** This quote encourages people to embrace their true selves and share their unique gifts and talents with

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others. It suggests that the act of being authentic and genuine is one of the most profound things we can do, and that by doing so, we can make a meaningful impact on the world around us.

[You can give students **an additional task for homework** and ask them to find a motivational or educational video and analyze it using the questions below.

- What is the main message of the speech?
- What language (simple, sophisticated, professional terms) does the speaker use?
- Which techniques from the video does the speaker use? Do they use any other techniques? How effective are they?
 - hypnotic speech pattern
 - antimetabole
 - appeal to tribalism
- Would you recommend watching this video? Why/Why not? If yes, to whom?

YouTube channels to suggest to find a video:

- TEDx Talks <https://www.youtube.com/@TEDx>
- MotivationHub <https://www.youtube.com/@MotivationHubOfficial>
- The School of Life <https://www.youtube.com/@theschooloflifetv>
- True Inspirations <https://www.youtube.com/@trueinspirations1193>
- Big Think <https://www.youtube.com/@bigthink/about>]

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