

ESL Conversation Club: Motivational Magic

Idiom of the Week:

Hang in there.



Tongue Twister:

Double bubble gum, bubbles double.



Conversation Questions in Groups of 2 People:

1. What motivates/inspires you to take action and achieve your goals?
2. Do you find it easier to get motivated by creating big, long-term goals or smaller, easier ones?
3. Do you reward yourself to stay motivated when working on a hard task? What kind of rewards work for you?
4. Where do you find inspiration to stay motivated? (e.g., role models, quotes, success stories)
5. Do you ever work on goals with a friend or partner for support?
6. Do you find it helpful to visualize yourself achieving your goals to stay motivated? Explain why or why not.
7. Do you ever feel overwhelmed by a big task? How do you break it down into smaller, more manageable steps to stay motivated?
8. Do you talk to yourself in a positive way to stay motivated? What kind of things do you say to yourself?
9. Do you take the time to celebrate your accomplishments, even the small ones? Why is this important for motivation?
10. Do you think it's important to understand why you want to achieve a goal to stay motivated?
11. Does listening to music help you get motivated or focused on a task? What kind of music works best for you?
12. Do you ever find that taking a short break from a hard task can help you come back to it with renewed motivation?
13. How do you deal with setbacks or failures when working towards a goal? Do they make your motivation go down, or do you use them as learning experiences?
14. Do you think healthy habits like eating well and getting enough sleep can contribute to overall motivation?
15. Do you have any role models who inspire you with their dedication and hard work?
16. Do you think it's easier to stay motivated when working on something you like and enjoy? Why or why not?
17. Does a little healthy competition with friends or colleagues help you stay motivated? Why or why not?

