

Achieving Goals.

Words And Expressions:

- 🕒 **To become a person one aspires to be** – стать таким человеком, каким ты стремишься быть
- 🕒 **To set a goal** – поставить цель
- 🕒 **To fulfill aspirations** – реализовывать стремления
- 🕒 **To fulfill oneself** – самореализоваться, показать собственные способности
- 🕒 **To develop oneself** - саморазвиваться
- 🕒 **a search for personal fulfillment** – поиск возможности для самореализации, желание найти себя, стремление проявить себя
- 🕒 **To define and execute one's personal development plans** – определять и выполнять планы по личностному развитию
- 🕒 **to focus on smth** - сфокусироваться на чем-либо
- 🕒 **To develop/advance, enhance, improve/work on one's...** - развивать/улучшать/работать над....
- 🕒 **professional potential** - профессиональные способности
- 🕒 **Strengths** - сильные стороны
- 🕒 **Talents** - таланты
- 🕒 **individual competencies** – личные качества
- 🕒 **knowledge and skills** – знания и навыки
- 🕒 **To improve/to enhance one's quality of life** – улучшить качество своей жизни
- 🕒 **To expand self-awareness** – развивать самосознание, самоанализ
- 🕒 **To define one's priorities** - определить собственные приоритеты
- **Values** - ценности
- **Lifestyle** - стиль жизни
- **ethics** –моральные принципы
- 🕒 **To manage emotions** – управлять эмоциями
- 🕒 **To set oneself goals/aims/objectives** – ставить перед собой цели
- 🕒 **To pursue one's aims/interests** – преследовать собственные цели/интересы
- 🕒 **To reach/achieve certain results/goals/aims/objectives** – достичь целей
- 🕒 **To be satisfied/dissatisfied** - довольным/недовольным чем-либо
- 🕒 **happy/unhappy** - довольным/недовольным чем-либо
- 🕒 **content/discontented** - довольным/недовольным чем-либо
- 🕒 **pleased/displeased with smth** – быть довольным/недовольным чем-либо
- 🕒 **To result in smth** – вылиться в, окончиться чем-либо, привести к чему-либо
- 🕒 **To lead to smth** – привести к чему-либо
- 🕒 **To work hard on smth** – усердно работать над ч-л, работать не покладая рук
- 🕒 **To do one's best to do smth** – изо всех сил стараться что-либо сделать
- 🕒 **To go out of one's way to do smth** – изо всех сил стараться что-либо сделать
- 🕒 **To let things slide** – делать что-либо/работать спустя рукава
- 🕒 **To bring/win smb on one's side** – привлечь кого-либо на свою сторону
- 🕒 **To get out of hand** – выйти из под контроля
- 🕒 **To look on the bright side** – смотреть на вещи оптимистически
- 🕒 **To be self-confident** – быть уверенным в себе
- 🕒 **To develop/boost/step up one's self-confidence** – развить уверенность в себе
- 🕒 **To perceive smb/oneself as...** - воспринимать кого-либо/себя в качестве...
- 🕒 **Self-perception** - самовосприятие
- 🕒 **To impact/influence smth/smb** – влиять на что-либо/кого-либо

- 🕒 **To have an impact/influence on smth/smb** – иметь влияние на что-либо/кого-либо
- 🕒 **To motivate/encourage oneself to smth** – мотивировать себя на что-либо

Questions for discussion:

What is “**self-development**”? What is it for?

Are you **happy with** your personality? What would you like to change about it? Can you can that you constantly **work on yourself**?

Do you agree that you can learn more about yourself and the world through self-development or at school and university?

Why is it important **to set self-development objectives**?

Do you do yoga or meditation? Do you think they help mentally or physically?

Can you **improve** your memory (if so, how can you do that?) or is it something you were just born with?

Do you think you should never stop **working on your personality**?

Is it hard for you to change something in your daily routine? Is it difficult **to quit bad habits**?

Is it true that the more you have the more you want?

How can you **develop your self-confidence**?

- 🕒 How would you define the notion of perfectionism?
- 🕒 What spheres is one expected to be perfect in? Dwell on the image of perfect human conduct in modern world.
- 🕒 Is one born to be a perfectionist or is it an idea imposed by society?
- 🕒 What **impact** can perfectionism **have on one’s perception of oneself**?
- 🕒 How can it **influence one’s perception of others**?
- 🕒 Can perfectionism be dangerous?
- 🕒 Think of the situations when it’s vital for one **to motivate oneself to success**.
- 🕒 Name some of your personal techniques **to motivate yourself**.
- 🕒 Have you ever **worked on your self-development plan**?
- 🕒 Do you think it’s more important **to focus on one’s weaknesses or strengths** working one’s way through life?
- 🕒 Think of ways **to boost one’s self-confidence**.
- 🕒 How do you **set goals** for your future?
- 🕒 What do you take into account when **taking up** a new course/hobby?
- 🕒 Do you **follow your interests, wishes and abilities** or rather **develop new skills** you might need in your career later on?
- 🕒 Do you think **focusing on** and **pursuing one’s dreams** may be part of one’s **self-development plan**?
- 🕒 Think of top-down prioritization of things that can contribute to your personal development. (E.g. new hobbies, contacts, qualification courses, places of interest etc.)
- 🕒 Think of how this or that factor helps one **advance one’s knowledge and skills**, broaden one’s horizon.
- 🕒 Think of ways **to develop oneself** in the following life-sectors: career ladder, personal life, social development, professional evolution.

Comment on the following proverbs. Do you agree/disagree with the idea implied:

- 🕒 To the victor belong the spoils - трофеи принадлежат победителю
- 🕒 Success is never blamed/the victors are not judged – победителей не судят
- 🕒 Man proposes but God disposes – человек полагает, а Бог располагает
- 🕒 The end justifies the means – цель оправдывает средства



by STAR TALK Language School
www.start2talk.ru