

Phrasal Verbs: Personal Growth & Motivation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. Have you ever had to **push through** something difficult to reach a goal?
2. What does it mean to **"step up"** in a challenging situation?
3. Do you usually stick with your plans or **give up** easily?
4. Can you think of a time when you had to **rise above** a problem?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

Leo: I used to **give up** on projects as soon as things got hard.

Jamie: What changed?

Leo: I decided to **step up** and **take on** more responsibility at work. I started small, but I **stuck with it**.

Jamie: That takes real commitment.

Leo: For sure. There were moments I wanted to **back down**, but I **pushed through**. Now I'm trying to **level up** and lead a team.

Jamie: Sounds like you've really **risen above** the old you.

Part 2. Answer the comprehension questions.

1. What did Leo use to do when things got difficult?
2. What new approach did he take at work?
3. How did he stay committed?
4. What challenge did he resist giving in to?
5. What is Leo's current goal?

DEFINITION MATCHING

Part 1. Match each phrasal verb to its correct definition. Can you guess any before looking at the options?

Step up

Push through

Take on

Back down

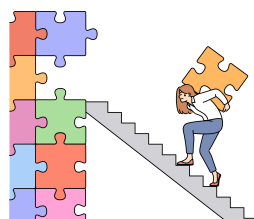
Give up

Stick with

Level up

Rise above

1. _____ to start accepting a new responsibility or task
2. _____ to continue doing something despite challenges
3. _____ to improve yourself or your skills
4. _____ to quit or stop making an effort
5. _____ to admit that you were wrong or that you have been defeated
6. _____ to overcome a difficult situation with dignity
7. _____ to stay committed to something
8. _____ to take action or show leadership



COLLOCATION MATCHING

Part 1. Match the phrasal verbs with what they often collocate with.

Step up

Push through

Take on

Back down

Give up

Stick with

Level up

Rise above

1. _____ challenges / doubts
2. _____ in an argument / from a fight
3. _____ self-doubt / excuses
4. _____ new responsibilities / big tasks
5. _____ your skills / your mindset
6. _____ a plan / a routine
7. _____ in a crisis / when needed
8. _____ halfway / too soon

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target phrasal verbs so that the meaning stays the same.

1. I continued working on my goal despite the obstacles.
2. He refused to surrender during the argument.
3. She stopped trying after one failed attempt.
4. I volunteered to help when nobody else would.
5. I want to keep following this routine – it's working.
6. She accepted a leadership position at the company.
7. He's learning new skills to improve professionally.
8. They handled the situation with maturity and grace.

SENTENCE GAP-FILL

Part 1. Use the correct form of the phrasal verb in brackets to complete each sentence.

1. She finally _____ (step up) and showed she could lead the team.
2. I _____ (stick with) my fitness plan for over six months now.
3. We were about to quit, but we _____ (push through) the final stage.
4. He _____ (give up) before even asking for help.
5. You shouldn't _____ (back down) just because someone disagrees.
6. I _____ (rise above) criticism by staying focused.
7. They _____ (take on) too many tasks at once last month.
8. If he _____ (level up), he could have applied for a better position.

SPEAKING

Part 1. Describe a time when you faced a personal or professional challenge. Use at least five of the target phrasal verbs in your discussion.

Step up

Push through

Take on

Back down

Give up

Stick with

Level up

Rise above

You can mention:

- What the challenge was
- How you handled it
- What you learnt or gained
- What advice you would give to others