

Teacher's guide

Why You Feel Stuck — and How To Get Motivated – Advanced (C1-C2)



Canva Presentation Link: [🌐 Why You Feel Stuck — and How To Get Motivated \(Updated\)](#)

Editable Presentation Link: [🌐 Why You Feel Stuck — and How To Get Motivated \(Updated\)](#)

Editable Worksheet Link:

[🌐 Student Worksheet: Why You Feel Stuck — and How To Get Motivated \(Updated\)](#)

Video Link: [🌐 Why you feel stuck — and how to get motivated - Shannon Odell](#)

Warm-up

Part 1. Students discuss the questions.

Part 2. Students choose the option that feels more like them and explain why.

Part 3. Students match the words and expressions to their definitions.

Answer key:

1. Setback
2. Momentum
3. Impenetrable
4. Incremental
5. Untethered
6. Engaged
7. Benchmark
8. Galvanise

Part 4. Students complete the sentences with their own ideas.

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video clip “Why you feel stuck — and how to get motivated” and note 2-3 key points that explain why people lose motivation in the middle.

Part 3. Students decide if each statement is true or false based on the video. Encourage students to correct any false statements.

Answer key:

1. **False** – least motivated in the *middle*, not start.
2. **False** – focusing only on the final goal hurts motivation.
3. **True.**
4. **True.**
5. **True.**

Part 4. Students complete the missing parts of the quotes from the video.

Answer key:

1. motivated / untethered

2. win / started
3. powerless
4. inspiration
5. Progress

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students read each of the three scenarios. Each person is feeling stuck or unmotivated in some way. Students imagine each person is asking for advice and explain how they would help.

Part 3. Students discuss the questions.

Reflection

Part 1. Students complete the sentences with their own ideas,

Wrap-up task (optional homework)

Students write 100–120 words on how they'll get unstuck. Students explain one situation where they've felt demotivated and what small, realistic steps they could take to rebuild momentum.