



Teacher's guide

Collocations: Personal Growth & Motivation – Intermediate (B1-B2)

Canva Presentation Link: [Collocations: Personal Growth & Motivation](#)

Editable Presentation Link: [Collocations: Personal Growth & Motivation](#)

Editable Worksheet Link: [Student Worksheet: Collocations: Personal Growth & Motivation](#)

Warm-up

Part 1. Students discuss the questions.

Definition matching

Part 1. Students match each word to its correct definition.

Answer key:

1. Self-discipline
2. Purpose
3. Obstacles
4. Motivated
5. Goal
6. Progress
7. Potential
8. Success

Collocation matching

Part 1. Students match the verbs/adjectives with the correct nouns to form a collocation.

Answer key:

1. Overcome obstacles
2. Set a goal
3. Find your purpose
4. Track your progress
5. Visualise success
6. Stay motivated
7. Unlock your potential
8. Develop self-discipline

Sentence gap-fill

Part 1. Students complete the sentences using the correct collocations.

Answer key:

1. stay motivated
2. set a goal
3. find my purpose
4. develop self-discipline
5. track your progress
6. unlock your potential
7. visualise success

8. overcome obstacles

Sentence transformation

Part 1. Students rewrite the sentences using the target collocations so that the meaning stays the same.

Suggested answers:

1. He **developed self-discipline** through regular routines.
2. He finally **unlocked his potential** during the training course.
3. I regularly **track my progress** in my fitness journey.
4. It's not easy to **stay motivated** when you're tired or discouraged.
5. She **visualises success** in every interview.
6. After volunteering abroad, I've managed to **find my purpose**.
7. I sometimes forget to **set a goal**.
8. She had to **overcome obstacles** before launching her business.

Tense challenge

Part 1. Students use the correct form of the collocation in brackets to complete each sentence.

Answer key:

1. I **was visualising success** when I got the call.
2. You **will unlock your potential** when you step out of your comfort zone.
3. Many people **have found their purpose** through volunteering.
4. He **had developed self-discipline** before he started university.
5. I **have been setting goals** every New Year since I was 18.
6. She **overcame obstacles** during her recovery.
7. If you **stay motivated**, you'll reach your target.
8. They **are tracking/track** their progress weekly.

Speaking

Part 1. Students answer the questions using the target collocations.