

## Teacher's Guide



### Goal Setting & Motivation - Intermediate (B1-B2)

Canva Presentation Link: [🌐 Goal Setting & Motivation](#)

Editable Presentation Link: [🌐 Goal Setting & Motivation](#)

Editable Worksheet Link: [🌐 Student Worksheet: Goal Setting & Motivation](#)

## Warm-up

**Part 1.** Students look at the statements, choose one that feels closest to them, and explain their choice.

**Part 2.** Students think of a goal they once set but didn't achieve. Students then discuss the questions.

## Video activity

**Part 1.** Students will watch the first part of a video called "A Complete Guide to Goal Setting." Ask students to think about each of the points whilst watching.

**Part 2.** Students watch the first part of the video (0:00-1:30).

**Part 3.** Students discuss each of the points.

### Suggested answers:

1. Goals are too vague or lack structure.
2. Setting goals without a measurable or actionable plan.

**Part 4.** Students watch the second part of the video (1:30-end). They will hear the SMARTER system. As they listen, ask them to write what each letter stands for. Then explain in their own words what each one means.

### Answer key:

**S** – Specific

**M** – Measurable

**A** – Actionable

**R** – Relevant

**T** – Time-bound

**E** – Evaluate

**R** – Reward

### Meanings:

**Specific** = clear and detailed.

**Measurable** = you can track it.

**Actionable** = you know exactly what action to take.

**Relevant** = it is important and meaningful to your life right now.

**Time-bound** = it has a clear deadline or time limit.

**Evaluate** = you regularly check your progress and reflect on how it's going.

**Reward** = you celebrate or treat yourself when you reach a milestone or achieve the goal.

## Video follow-up

**Part 1.** Students look at the goal and improve it using the SMARTER system. Students also try with:

- "I want to save money."
- "I want to improve my English."
- "I want to feel less stressed."

**Part 2.** Students rank each point from most important to least important for long-term success and compare their ranking.

**Part 3.** Students discuss the questions.

**Part 4.** Students choose one real goal they would like to achieve and write it using the SMARTER structure.

**Part 5.** Students choose which options create momentum for them and explain their choices.

## Reflection

Students discuss the questions.