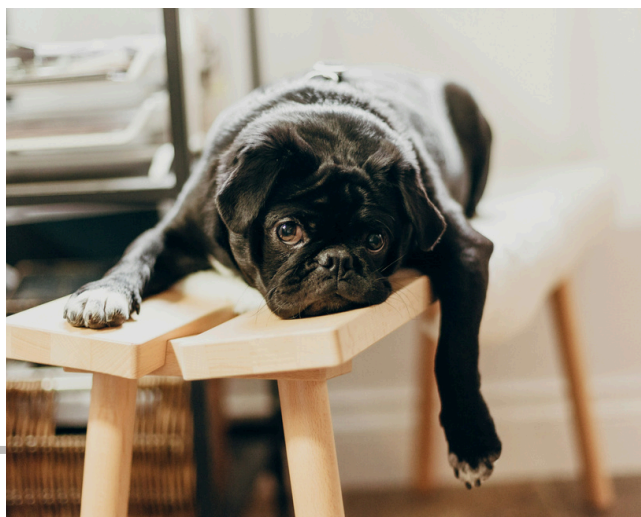


Ambitious but Lazy

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the questions below.

1. Do you ever feel like you have big goals but little energy to start?
2. What are some things you've always wanted to do but haven't started yet? Why not?
3. In your opinion, what's the difference between laziness and procrastination?



Part 2. Match each word to its correct definition. Can you guess any before looking at the options?

Habit	Cut back	Outsmart	Perfection
Willpower	Momentum	Reward	Consistent

1. To get an advantage over someone by acting more cleverly and often by using a trick
2. To spend less, do less, or use less of something
3. The ability to control your own thoughts and the way in which you behave
4. The quality that keeps an event developing or making progress after it has started
5. A benefit or gift for doing something well
6. Always behaving or performing in a similar way
7. Something you do regularly, often without thinking
8. Wanting something to be 100% correct or without flaws

Part 3. Complete the sentences with the correct words. Pay attention to how the words fit into the context!

Habit	Cut back	Outsmart	Perfection
Willpower	Momentum	Reward	Consistent

1. I'm trying to _____ on sugar because I want to feel healthier.
2. Building a new _____ takes time, but it gets easier with practice.
3. A _____ sleep schedule can help improve your overall well-being.
4. She lost _____ halfway through the project and stopped working on it.
5. He used clever tricks to _____ his brain and stop procrastinating.
6. The idea of _____ stopped him from starting his blog — he was afraid it wouldn't be good enough.
7. It takes a lot of _____ to avoid distractions and stay focused.
8. After studying every day for a week, I gave myself a small _____: a trip to the café.



VIDEO ACTIVITY

Part 1. Before watching the video, discuss how the vocabulary words could be used to talk about overcoming laziness and reaching your goals.

Habit

Cut back

Outsmart

Perfection

Willpower

Momentum

Reward

Consistent

Part 2. Watch the video. As you watch, make a list of the 3 steps given to people who are ambitious but lazy.

Steps

- 1.
- 2.
- 3.

Part 3. Watch the video again and answer the questions below.

1. According to the video, why do people delay their goals?
2. What does the brain naturally prefer to do?
3. What's one way to trick your brain into starting something?
4. Why are routines better than willpower?
5. What is the main message of the video?

Part 4. Look at the quote from the video clip and discuss the question.

"Keep adding fuel, and soon you'll have a roaring fire."

What does this quote mean to you, and how could you use it in the context of your life?



VIDEO FOLLOW-UP

Part 1. Discuss the following questions.

1. What's one thing you've been putting off? Why?
2. What small step could you take today to get started?
3. How do you reward yourself after completing a hard task?
4. What's one habit you'd like to build in the next month?

Part 2. Match each idiom to its correct definition. Can you guess any before looking at the options?

Get the ball rolling

Drag your feet

Get around to something

Kick into gear

Bite the bullet

1. To finally begin after waiting or delaying
2. To suddenly start doing something
3. To force yourself to do something unpleasant or difficult, or to be brave in a difficult situation
4. To do something slowly and without enthusiasm
5. To find time to do something you've been meaning to do

Part 3. Discuss the following questions using the idioms.

1. What's something you've been meaning to start for a long time? What could you do today to get the ball rolling?
2. Do you ever drag your feet when doing chores, working or studying? Why do you think that happens?
3. Is there a book or film you've always wanted to enjoy but never got around to?
4. When do you usually kick into gear — early in the morning or in the afternoon?
5. Can you think of a time when you had to bite the bullet and do something uncomfortable? What happened?

REVIEW ACTIVITY & FINAL THOUGHTS....

Part 1. Discuss the questions below to reflect on what you've learnt during this lesson.

1. After learning about laziness and motivation, do you feel inspired to take action on a personal goal? Why or why not?
2. Do you think procrastination is something everyone struggles with? What makes it easier or harder to overcome?
3. The lesson talked about using small steps and routines to build momentum. How could this idea help in other areas of your life?
4. If you had to explain the main idea of this lesson to a friend in one sentence, what would you say?
5. What's one small action you could take today that your future self would thank you for?
6. How do your personal views about success, motivation, or mental habits connect to what you've learnt today?

Part 2. Make it personal. Complete the sentences below.

1. One small goal I want to work on is: _____
2. One action I can take today is: _____
3. One routine I'd like to create is: _____
4. When I feel lazy or overwhelmed, I will remind myself: _____

