



### Teacher's guide

Ambitious but Lazy – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Ambitious but Lazy](#)

Video Link: [🌐 If you're ambitious but lazy, please watch this video...](#)

## Warm up

**Part 1.** Students discuss questions related to goals, ambitions, laziness and procrastination. Answers will vary.

**Part 2.** Students match the words to their definitions. Encourage students to guess the meaning of any before looking at the options.

### Answer Key:

1. Outsmart
2. Cut back
3. Willpower
4. Momentum
5. Reward
6. Consistent
7. Habit
8. Perfection

**Part 3.** Students fill in the gaps in the sentences.

### Answer Key:

1. Cut back
2. Habit
3. Consistent
4. Momentum
5. Outsmart
6. Perfection
7. Willpower
8. Reward

## Video activity

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

**Part 2.** Students watch the video and, as they watch, make a list of the 3 steps given to people who are ambitious but lazy.

### Answer Key:

1. Make it small.
2. Create easy routines.
3. Use the 2-minute rule.

**Part 3.** Students watch the video again and complete the comprehension questions.

**Answer Key:**

1. Because the goal feels impossible.
2. Avoid pain and seek comfort.
3. Break the task into a small step (e.g. write one sentence or walk for two minutes).
4. Willpower runs out, but routines make tasks automatic.
5. You're not lazy — you just need to start small and build habits gradually.

**Part 4.** Students look at the quote from the video clip and discuss what the quote means to them and how they could use it in the context of their lives.

**Suggested answer:**

**“Keep adding fuel, and soon you'll have a roaring fire”** means that if you keep taking small actions regularly, they will build up over time and lead to big results. Just like a fire needs small sticks and logs to grow, your goals need small efforts every day to become something powerful.

## Video follow-up

**Part 1.** Students discuss the questions.

**Part 2.** Students match the idioms to their definitions. Encourage students to guess the meaning of any before looking at the options.

**Answer Key:**

1. Get the ball rolling
2. Kick into gear
3. Bite the bullet
4. Drag your feet
5. Get around to something

**Part 3.** Students discuss questions using the idioms. Answers will vary.

## Review activity & final thoughts

**Part 1.** Students discuss the questions to reflect on what they've learnt during the lesson.

**Part 2.** Students complete the sentences to form an action plan to overcome procrastination and reach their goals.