

Goal Setting & Motivation

Intermediate (B1-B2)



WARM-UP

Part 1. Look at the statements. Choose one that feels closest to you and explain your choice.

1. I love setting goals.
2. I set goals but rarely follow through.
3. I avoid setting goals.
4. I feel motivated at first, then lose momentum.

Part 2. Think of a goal you once set but didn't achieve. Then discuss the following questions.

1. Was it too vague?
2. Did you write it down?
3. Did you have a clear deadline?
4. Did you track your progress?
5. Did you lose motivation or direction?



VIDEO ACTIVITY

Part 1. You're going to watch a video called "A Complete Guide to Goal Setting." Watch the first part of the video and think about the following things.

1. One mistake people commonly make with goals.
2. One mistake the speaker personally made.

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

Part 3. Discuss the following points.

1. One mistake people commonly make with goals.
2. One mistake the speaker personally made.

Part 4. Watch the second part of the video (1:30-end). You will hear the SMARTER system. As you listen, write what each letter stands for. Then explain in your own words what each one means.

- S –
- M –
- A –
- R –
- T –
- E –
- R –



VIDEO FOLLOW-UP

Part 1. Improve this goal: "I want to get fit." Make it SMARTER.

Example:

"I will go for a 30-minute walk three times a week for the next month and review my progress every Sunday."

Now try with:

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

Part 2. Rank these from most important to least important for long-term success. Compare your ranking. Where do people usually go wrong?

- Clear structure
- Consistency
- Evaluation
- Reward
- Big ambition
- Small milestones

Part 3. The speaker mentions setting goals that match your current stage of life. Discuss the following questions.

1. Is it better to aim very high (10X goals)?
2. Or is it better to make steady, realistic progress?
3. Can unrealistic goals damage motivation?

Part 4. Choose one real goal you would like to achieve. Write it using the SMARTER structure.

- S –
- M –
- A –
- R –
- T –
- E –
- R –

Part 5. The speaker says goals create momentum. Choose which options create momentum for you and explain your choices.

1. Tracking progress
2. Celebrating milestones
3. Competing with others
4. Quiet consistency
5. Public accountability
6. Routine

REFLECTION

Discuss the following questions.

1. Has this lesson changed how you think about goals?
2. Which part of SMARTER feels most important for you?
3. What is one small action you can take this week?

