

# Phrasal Verbs: Personal Growth & Motivation

Intermediate (B1-B2)



## WARM UP

### Part 1. Discuss the following questions.

1. Have you ever had to **push through** something difficult to reach a goal?
2. What does it mean to **"step up"** in a challenging situation?
3. Do you usually stick with your plans or **give up** easily?
4. Can you think of a time when you had to **rise above** a problem?

## READING ACTIVITY

### Part 1. Read the following dialogue carefully.

**Leo:** I used to **give up** on projects as soon as things got hard.

**Jamie:** What changed?

**Leo:** I decided to **step up** and **take on** more responsibility at work. I started small, but I **stuck with it**.

**Jamie:** That takes real commitment.

**Leo:** For sure. There were moments I wanted to **back down**, but I **pushed through**. Now I'm trying to **level up** and lead a team.

**Jamie:** Sounds like you've really **risen above** the old you.

## Part 2. Answer the comprehension questions.

1. What did Leo use to do when things got difficult?
2. What new approach did he take at work?
3. How did he stay committed?
4. What challenge did he resist giving in to?
5. What is Leo's current goal?

## DEFINITION MATCHING

**Part 1. Match each phrasal verb to its correct definition. Can you guess any before looking at the options?**

Step up

Push through

Take on

Back down

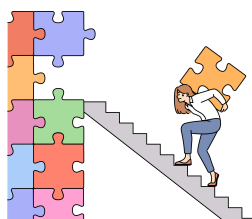
Give up

Stick with

Level up

Rise above

1. \_\_\_\_\_ to start accepting a new responsibility or task
2. \_\_\_\_\_ to continue doing something despite challenges
3. \_\_\_\_\_ to improve yourself or your skills
4. \_\_\_\_\_ to quit or stop making an effort
5. \_\_\_\_\_ to admit that you were wrong or that you have been defeated
6. \_\_\_\_\_ to overcome a difficult situation with dignity
7. \_\_\_\_\_ to stay committed to something
8. \_\_\_\_\_ to take action or show leadership



## COLLOCATION MATCHING

**Part 1. Match the phrasal verbs with what they often collocate with.**

Step up

Push through

Take on

Back down

Give up

Stick with

Level up

Rise above

1. \_\_\_\_\_ challenges / doubts
2. \_\_\_\_\_ in an argument / from a fight
3. \_\_\_\_\_ self-doubt / excuses
4. \_\_\_\_\_ new responsibilities / big tasks
5. \_\_\_\_\_ your skills / your mindset
6. \_\_\_\_\_ a plan / a routine
7. \_\_\_\_\_ in a crisis / when needed
8. \_\_\_\_\_ halfway / too soon

## SENTENCE TRANSFORMATION

**Part 1. Rewrite the following sentences using the target phrasal verbs so that the meaning stays the same.**

1. I continued working on my goal despite the obstacles.
2. He refused to surrender during the argument.
3. She stopped trying after one failed attempt.
4. I volunteered to help when nobody else would.
5. I want to keep following this routine – it's working.
6. She accepted a leadership position at the company.
7. He's learning new skills to improve professionally.
8. They handled the situation with maturity and grace.

## SENTENCE GAP-FILL

**Part 1. Use the correct form of the phrasal verb in brackets to complete each sentence.**

1. She finally \_\_\_\_\_ (step up) and showed she could lead the team.
2. I \_\_\_\_\_ (stick with) my fitness plan for over six months now.
3. We were about to quit, but we \_\_\_\_\_ (push through) the final stage.
4. He \_\_\_\_\_ (give up) before even asking for help.
5. You shouldn't \_\_\_\_\_ (back down) just because someone disagrees.
6. I \_\_\_\_\_ (rise above) criticism by staying focused.
7. They \_\_\_\_\_ (take on) too many tasks at once last month.
8. If he \_\_\_\_\_ (level up), he could have applied for a better position.

## SPEAKING

**Part 1. Describe a time when you faced a personal or professional challenge. Use at least five of the target phrasal verbs in your discussion.**

Step up

Push through

Take on

Back down

Give up

Stick with

Level up

Rise above

You can mention:

- What the challenge was
- How you handled it
- What you learnt or gained
- What advice you would give to others