



## Teacher's guide

Collocations: Personal Growth & Motivation – Intermediate (B1-B2)

Canva Presentation Link: [Collocations: Personal Growth & Motivation](#)

## Warm-up

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

## Definition matching

**Part 1.** Students match each word to its correct definition.

### Answer key:

1. Self-discipline
2. Purpose
3. Obstacles
4. Motivated
5. Goal
6. Progress
7. Potential
8. Success

## Collocation matching

**Part 1.** Students match the verbs/adjectives with the correct nouns to form a collocation.

### Answer key:

1. Overcome obstacles
2. Set a goal
3. Find your purpose
4. Track your progress
5. Visualise success
6. Stay motivated
7. Unlock your potential
8. Develop self-discipline

## Sentence gap-fill

**Part 1.** Students complete the sentences using the correct collocations.

### Answer key:

1. stay motivated
2. set a goal
3. find my purpose
4. develop self-discipline
5. track your progress
6. unlock your potential
7. visualise success
8. overcome obstacles

## Sentence transformation

**Part 1.** Students rewrite the sentences using the target collocations so that the meaning stays the same.

**Suggested answers:**

1. He **developed self-discipline** through regular routines.
2. He finally **unlocked his potential** during the training course.
3. I regularly **track my progress** in my fitness journey.
4. It's not easy to **stay motivated** when you're tired or discouraged.
5. She **visualises success** in every interview.
6. After volunteering abroad, I've managed to **find my purpose**.
7. I sometimes forget to **set a goal**.
8. She had to **overcome obstacles** before launching her business.

## Tense challenge

**Part 1.** Students use the correct form of the collocation in brackets to complete each sentence.

**Answer key:**

1. I **was visualising success** when I got the call.
2. You **will unlock your potential** when you step out of your comfort zone.
3. Many people **have found their purpose** through volunteering.
4. He **had developed self-discipline** before he started university.
5. I **have been setting goals** every New Year since I was 18.
6. She **overcame obstacles** during her recovery.
7. If you **stay motivated**, you'll reach your target.
8. They **are tracking/track** their progress weekly.

## Speaking

**Part 1.** Students answer the questions using the target collocations.