

Teacher's guide

Ambitious but Lazy – Intermediate (B1-B2)



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

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

Editable Worksheet Link: [🌐 Student Worksheet: 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.