

Collocations: Personal Growth & Motivation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What motivates you to keep going when things get tough?
2. How can setting goals help with personal growth?

DEFINITION MATCHING

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

Goal	Obstacles	Potential	Motivated
Self-discipline	Progress	Success	Purpose

1. _____ the ability to control your actions and make yourself do things that are difficult or unpleasant
2. _____ the reason why something is done or why someone exists
3. _____ something that blocks or slows down your ability to achieve something
4. _____ very enthusiastic or determined because you really want to do something
5. _____ a desired result or target you aim to achieve
6. _____ positive movement or improvement toward a goal
7. _____ the ability to become or do something in the future, even if it's not realised yet
8. _____ achieving what you set out to do or reaching your goals

COLLOCATION MATCHING

Part 1. Match the verbs with the correct nouns/adjectives to form a collocation.

Goal

Obstacles

Potential

Motivated

Self-discipline

Progress

Success

Purpose

1. Overcome _____

2. Set _____

3. Find _____

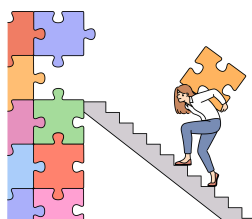
4. Track _____

5. Visualise _____

6. Stay _____

7. Unlock _____

8. Develop _____



SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Overcome obstacles

Set a goal

Find your purpose

Track your progress

Visualise success

Stay motivated

Unlock your potential

Develop self-discipline

1. It can be hard to _____ when things don't go as planned, but it's important not to give up.
2. I've decided to _____ of running a half marathon by the end of the year.
3. Meditation and journaling helped me _____ and realise what really matters to me.
4. You'll need to _____ if you want to stick to your study schedule without supervision.
5. If you don't know whether you're improving, try using an app to _____ more effectively.
6. In order to achieve great things, you must first believe in yourself and _____.
7. When you _____, you create a mental image of success that motivates you to act.
8. Learning how to _____ builds strength and makes your achievements more meaningful.

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target collocations so that the meaning stays the same.

1. He learnt to control his habits through regular routines.
2. He finally discovered his true strengths during the training course.
3. I regularly check how I'm doing in my fitness journey.
4. It's not easy to keep going when you're tired or discouraged.
5. She imagines herself succeeding in every interview.
6. After volunteering abroad, I now know what gives my life meaning.
7. I sometimes forget what I'm trying to achieve.
8. She had to deal with many challenges before launching her business.

TENSE CHALLENGE

Part 1. Use the correct form of the collocation in brackets to complete each sentence.

1. I _____ (visualise success) when I got the call.
2. You _____ (unlock your potential) when you step out of your comfort zone.
3. Many people _____ (find your purpose) through volunteering.
4. He _____ (develop self-discipline) before he started university.
5. I _____ (set a goal) every New Year since I was 18.
6. She _____ (overcome obstacles) during her recovery.
7. If you _____ (stay motivated), you'll reach your target.
8. They _____ (track progress) their progress weekly.

SPEAKING

Part 1. Answer the questions using the target collocations.

1. Have you ever **set a goal** and failed to achieve it? What did you learn?
2. What personal **obstacles** have you **overcome** in your life?
3. In what situations is it hard for you to **stay motivated**?
4. Do you think it's possible to **unlock your potential** without help?
5. How do you **develop self-discipline** in daily life?
6. Do you currently **track your progress** with anything?
7. How important is it to **visualise success** before a challenge?
8. Do you feel like you've **found your purpose** yet?