

Why You Feel Stuck — and How To Get Motivated

Advanced (C1-C2)



WARM-UP

Part 1. Discuss the questions below.

1. On a scale from 1–10, how motivated do you feel right now?
2. Why that number? What's been boosting or draining your energy lately?

Part 2. Choose the option that feels more like you and explain why.

1. ⚡ Start strong | 🏁 Finish strong
2. 🏆 Big goals | 🌱 Small wins
3. 🤝 Motivation from others | 🔥 Motivation from within
4. 📅 Planned progress | 🌊 Go with the flow

Discuss:

Has your motivation style changed over time?



Part 3. Match each word to its correct definition.

Setback	Benchmark	Momentum	Impenetrable
Engaged	Incremental	Untethered	Galvanise

1. _____ A delay or obstacle that slows progress
2. _____ Energy or movement that keeps progress going
3. _____ Difficult or impossible to get through
4. _____ Happening gradually, in small steps
5. _____ Not connected or restricted; free-floating
6. _____ Involved and committed to a task
7. _____ A standard used for comparison
8. _____ To shock or inspire someone into action

Part 4. Complete the sentences with your own ideas.

1. I experienced a big **setback** when...
2. I feel most **engaged** when...
3. My progress often feels **incremental**, especially when...
4. Something that really **galvanised** me recently was...

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following questions.

1. Why do you think people lose motivation halfway through a project?
2. What's harder for you personally — starting or finishing something?
3. What helps you stay focused when you feel stuck?
4. Predict: What advice do you think the speaker will give?



Part 2. Watch the video clip “Why you feel stuck — and how to get motivated”. Note 2–3 key points that explain why people lose motivation in the middle.

Part 3. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

1. People are least motivated at the start of a project.
2. The best way to make progress is to focus only on the final goal.
3. Collaboration helps people stay motivated.
4. We often lose motivation when we focus on how far we still have to go.
5. Large social movements also experience this “stuck in the middle” effect.

Part 4. Complete the missing parts of the quotes from the video.

1. “People often feel highly _____ at the start and end of a project, but the middle can feel _____.”
2. “When you start working towards something, any progress can feel like a _____, as we tend to compare ourselves against where we _____.”
3. “If you only focus on the end goal, it’s easy to feel personally _____.”
4. “The support and encouragement of others can serve as a source of _____ and joy if you’re feeling exhausted, defeated, or stuck.”
5. “_____ starts with writing that next sentence, running that extra mile, or even casting that vote to build a better future.”

VIDEO FOLLOW-UP

Part 1. Share your thoughts on the video using the questions below.

1. What part of the video did you relate to the most? Why?
2. If you had to explain the concept of the “stuck in the middle” effect to a friend, how would you do it?
3. How do you think mindset influences a person’s ability to stay motivated?

Part 2. Read the following three scenarios. Each person is feeling stuck or unmotivated in some way. Imagine they are asking you for advice. How would you help them?

Scenario 1: David – Stuck on a Long-Term Goal

David has been learning French for the past year. At first, he was very excited and practised every day. But now, he feels like he isn't improving, and he's losing motivation. He knows he still has a long way to go before he can speak fluently, and he's thinking about giving up.

What advice would you give David to help him stay motivated?

Scenario 2: Maria – Unmotivated at Work

Maria has been working at the same company for five years. She used to enjoy her job, but lately, she feels like she's just going through the motions. Every day feels the same, and she doesn't feel challenged or excited about her work anymore. She's starting to wonder if she should quit, but she doesn't know what else to do.

What advice would you give Maria to help her regain motivation at work?

Scenario 3: Jake – Overwhelmed by a Big Project

Jake is writing a book, but he feels completely overwhelmed. At first, it was fun, but now he's stuck in the middle, and the amount of work left feels impossible. He keeps thinking about how far he still has to go, and it makes him want to give up.

What advice would you give Jake to help him break out of this mental block?



Part 3. Discuss the following questions.

1. Which advice is easiest to give?
2. Which would be hardest for you to follow yourself?

REFLECTION

Complete the sentences.

1. Next time I feel stuck, I'll remember that ...
2. Progress means ...
3. To keep going, I'll ...

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write 100–120 words on the topic below:

“How I’ll Get Unstuck.”

Explain one situation where you’ve felt demotivated and what small, realistic steps you could take to rebuild momentum.

