

LESSON 11

Bc. Michal Stránecký



NEW YEAR, NEW GOALS

WARM-UP DISCUSSION

- Do you usually set goals or New Year's resolutions?
- Do you prefer long-term goals or short-term goals?
- What is one goal you achieved this year?
- Why do people often fail to achieve the goals they set?

KEY VOCABULARY

Phrase	Meaning
Resolution	a decision to do or change something
Habit	something you do regularly
Discipline	ability to control your actions and stay consistent
Motivation	the reason why you want to do something
Procrastination	delaying or avoiding something important
Long-term / short-term goals	goals for far ahead vs. near future
Progress	improvement over time
Setbacks	problems that make progress harder
Routine	your daily pattern of behaviour
Accountability	responsibility for your actions

TIM URBAN – INSIDE THE MIND OF A MASTER PROCRASTINATOR



DEBATE & DISCUSSION

▪ **Video Analysis**

- What part of the talk did you relate to the most?
- Do you also have an “Instant Gratification Monkey”?
- Why is procrastination worse for goals without deadlines?
- What strategies do you use to avoid procrastination?
- Do you think motivation or discipline is more important? Why?

- What’s one meaningful goal you want to achieve next year?
- What obstacles might stop you?
- What habit can you start that helps you reach your goal?
- How do you stay motivated over a long period?
- Should goals always be realistic?

WRAP-UP

- Are New Year's resolutions useful or pointless?
- Is discipline more important than motivation?
- Should schools teach habit-building and productivity skills?
- Do people today have worse focus than before?
- **Name one goal for next year.**
- **What is one thing you'll change starting tomorrow?**

THANK YOU FOR
YOUR ATTENTION

Jungmannova 17 | 110 00 Praha 1 | Česká republika

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