

Personal Development Vocabulary

Difficulty Level: ★ ★ ★ ★ ★

In this lesson we will introduce you to vocabulary related to personal development.

Match:

Match the words from column 1 with the best-suited answer from column 2.

Column 1	Column 2
1.) mimic	a.) emulate
2.) imitating	b.) independently
3.) spontaneous	c.) change
4.) mastered	d.) disobedient
5.) phase	e.) copying
6.) unassisted	f.) stage / period
7.) transition	g.) look after

Column 1	Column 2
8.) rebellious	h.) careless
9.) nurturing	i.) become proficient in
10.) irresponsible	j.) unplanned

Quiz:

Choose the best answer for each question.

- 1.) My little brother is always _____ (imitating / imitate / emulate) the way I dance and sing.
- 2.) One of my goals is to _____ (mastered / mastering / master) the English language and become fluent.
- 3.) My decision to go to Seoul this weekend wasn't planned at all. It was completely _____ (spontaneous / spontaneously / unorganized).
- 4.) In high school I went through a _____ (time / situation / phase) of only listening to hip-hop music.
- 5.) Most teenagers are _____ (rebels / rebelling / rebellious) between the ages of 14 and 16.
- 6.) The _____ (transitioning / transition / transitioned) from high school to university can be quite stressful for some students.
- 7.) Infants require constant supervision because of their _____ (carelessness / careless / caring less) nature.
- 8.) Becoming an expert in a field and _____ (mastering / mastered / master) everything about it takes time and effort.
- 9.) _____ (Mimic / Mimicking / Mimicked) is like copying someone and ridiculing them at the same time. Some people find it offensive.
- 10.) Mothers make the best _____. (nurtured / nurture / nurturing / nurturers)

Questions:

- 1.) Throughout childhood did you mimic or imitate any family members? Did you imitate any famous music artists?
- 2.) If you could become proficient and master one thing what would it be and why?
- 3.) Did you ever go through any difficult phases in your life? What were they and how did you overcome them?
- 4.) Are you still dependent on your family or are you independent? What is holding you back from being truly independent?
- 5.) At what age does living with your parents start to get embarrassing?
- 6.) What will be the next big transition in your life? Are you ready?
- 7.) Would you consider your personality and actions to be more spontaneous or well thought out?
- 8.) As a child, how were you punished for acts of disobedience at home and at school?

Daily Expressions, Phrasal Verbs & Idioms:

- 1.) **"Put your/my mind at ease"**: To stop worrying about something.
*"It's hard to keep my mind at ease with all these bills to pay adding up."
"With exams coming up next week, playing League of Legends is the only things that puts my mind at ease."*
- 2.) **"My mind went blank"**: Means you can't remember anything.
"I'm sorry, could you repeat that, my mind went blank for a minute."