

For the Teacher:

Creating a Life Plan Listening Task

Functional Language <i>Students will need</i>	<ul style="list-style-type: none">• <i>Have you ever heard of this idea before?</i>• <i>Here are the ____ steps you can use to ____.</i>• <i>First...</i>• <i>Second...</i>• <i>Third...</i>• <i>Fourth...</i>• <i>Finally...</i>• <i>____ matters just as much as ____.</i>
Vocabulary <i>Students will need</i>	<ul style="list-style-type: none">• vocabulary of life planning verbs: <i>fail, plan, reach, wish, create, feel, dream, eliminate, matter</i>• vocabulary of life planning: <i>life, life plan, goal, steps, important, close, fitness, exercise, world, maybe, values, picture, future, pathway, difficult, problem, family, family member, friends, neighbors, teachers, alone, success</i>

Grammar <i>Students will need</i>	<ul style="list-style-type: none"> • Questions with modals: How + modal + you + verb <ul style="list-style-type: none"> • How can you improve these problems? • How can you reach your goals with these problems? • How can you do this?
Assessment <i>Teachers can check for success by</i>	<ul style="list-style-type: none"> • ask students, “How can you create a life plan?” and “What is a life plan?” and “Do you have a life plan?” and “Which step is most difficult?” • have students re-tell each other how to create a life plan using as much information as they can remember from the audio. • Have students work with a partner to create a life plan by going through each step together.

Life Plans | Creating a Life Plan

How can you create a life plan?

Have you heard this idea before?... *If you fail to plan, you plan to fail?* It means that if you have a goal that you want to reach, you must plan for that goal. Or, you will not reach your goal. If you have goals you wish to reach in your life, you need a life plan. Do you have a life plan yet? If not, here are the five steps you can use to create one.

First, ask yourself, what is important to you?

Think about the things in your life that you need to be happy. What are they? Maybe you wish to always remain close with your family. Maybe you want a life that is full of fitness, full of exercise and feeling good. Maybe you long to see the world and want to travel as much as possible. These are your values—and your plan must include them so that you have a happy life.

Second, create a picture of your future. What would you like your life to be like in 5 years or 10 years to be as happy as possible? Where do you live? Who are the people you are close to? What kinds of activities are in your life? Create a picture

in your mind. Once you can “see” what a happy future would look like, you can think about the how to get there.

Third, plan the steps you will take to get to your future. Think about where you are now. Think about your future picture. What do you need to do to follow a pathway to your future? Create big goals—such as, to get your university degree if that is part of your life plan. But—also create little goals, too—the little first steps that you can take to create the future you want. Perhaps a little goal is to choose a university or to talk with teachers about what you can study. In our life plans, the little goals matter just as much—maybe more!—than the big goals.

Fourth, think about what makes reaching your goals more difficult. How can you improve these problems? How can you reach your goals with these problems? Sometimes we can eliminate problems; sometimes, we can't. But, when you are making your life plan, you need to think about

your problems and find a way to reach your goals anyways. How can you do this? You will find a way.

Finally, find people to help you. We can't be successful alone. We need our family. We need our friends. We need our teachers. We need our neighbors. Ask others for help with your life plan. Perhaps you have a friend who shares a goal. Could you work together to reach your goals? Do you have a family member who can help you solve your problems? Ask others to help you with your life plan. They can be a part of your success, too.

I hope that you find these five steps helpful. I know that you will be able to create a life plan that takes you to the future you want.

How can you create a life plan?