

WAYS SUCCESSFUL PEOPLE SPEND THEIR TIME AFTER WORK

In 30 seconds, answer the following questions:

- Who is the most successful person you know?
- Do you think you can teach someone to be successful? How?

Watch the video and then answer the given questions in 60 seconds:

1. Can you describe an ordinary day in your life?
2. How do you manage your time effectively?

Video



Source: <http://www.dailymotion.com/video/x4ktlf5>



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Listen and repeat. Then, choose a word to define.

1. **De-stress (v)** /ˌdiː 'stres/

2. **Hectic (adj)** /'hektɪk/

3. **Compartmentalize (v)** /kəmˌpɑːrt'mentəlaɪz/

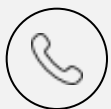
4. **Intriguing (adj)** /ɪn'triːɡɪŋ/

5. **Intentional (adj)** /ɪn'tenʃənəl/

6. **Resilience (n)** /rɪ'zɪliəns/

Make a sentence using that word.

Example: Things are getting a bit **hectic** for me at the moment.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Wear Your Words

Explanation of useful phrasal verbs:

Carve out (something)

to create or obtain something that helps you by skillful activities



Split something into something

to divide, or to make something divide, into two or more parts



Examples:

- She **carved out** a reputation for herself as a high-powered lawyer.
- Successful people are careful to **split** work **into** shifts instead of trying to do it all at once.

Make a sentence using one of the given phrasal verbs.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Structure:

Be in the mood (for something/to do something)

Example: *I'm not really **in the mood to** go out tonight.*

Make a sentence using the given structure.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Pair Work: In 180 seconds, discuss “The ways successful people manage to de-stress, work out, and carve out family time after a hectic day” with your partner .

Suggestions

- ✓ They de-stress and take care of themselves
- ✓ They build authentic relationships
- ✓ They work out
- ✓ They spend time in nature
- ✓ They take classes and invest in themselves
- ✓ They seek inspiration and fresh experiences
- ✓ Etc.,



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

- ✓ Vocabulary related to things successful people do after work
- ✓ **Two phrasal verbs:**
 - ✓ **Carve out (something)**
 - ✓ **Split something into something**
- ✓ **Structure: Be in the mood (for something/to do something)**
- ✓ Discussion about ways successful people manage to de-stress, work out, and carve out family time after a hectic day.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support






Use headphones



No speaker

Homework

Complete your mission and find more in related lessons.

Your mission	<ul style="list-style-type: none">✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)✓ Practice the related lessons in the course browser here (It doesn't apply to all students)✓ Take those lessons
Recommendations	<ul style="list-style-type: none">✓ 106-what is the agenda? (#0419)✓ 55-sounds like you're just eating all day! (#0400)✓ 65-questions with why and how (#0211)
<div><p>Excellence</p><p>★★★★★</p><p>Click on the star to rate I am most satisfied</p><div><div><p>Teacher</p></div><div><p>Technical quality</p></div><div><p>Material</p></div></div></div>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker