

## **Session: 1**

1. How can we reach our goals?
2. It has satisfied my desire so far
3. Pious
4. This will give you a sense of ...
5. Having a bossy character, I always boss them around
6. Be in charge
7. Classy Career
8. a Manifestation of Honor
9. What is his specialty?
10. I hadn't known for it
11. Aesthetic/cosmetic surgery
12. money talks, money matters
13. if I'm not mistaken
14. they seek money
15. It wasn't my field of Interest, it is not my thing
16. they are multitasking
17. Demanding boss/job
18. It pops ... in my mind
19. she hasn't had the chance to follow her dreams
20. Are you happy with who you are
21. It is a tricky question
22. She just keeps nagging around
23. I prefer to skip this question
24. It can plunge me into a deep depression
25. Some criteria (plural form), a criterion(singular form)
26. Postpone = put off
27. Procrastination
28. Take action
29. It is a kind of Achievement for you
30. Lecturer

31. He is a big shot = loaded
32. It is time-consuming
33. She is so humble
34. Having a timetable
35. Being hardworking
36. My biggest Motivation in the world
37. Running a business
38. Social credit
39. Reputation
40. At the end of the day, you count your money
41. Set a goal
42. A Goal should be SMRT(Specific, Measurable, Achievable, Relevant, and Time-bound)
43. It is an acronym/abbreviation
44. Calligraphy
45. I'm talking about a specific case
46. Typical Iranian girls
47. Schedule
48. None of them is superior
49. As long as your accent doesn't block the Comprehension of your speech it is okay
50. It is just fluency that matters
51. They should be able to follow you
52. I'm dead sure
53. Develop a plan
54. You should break down your goals into smaller steps
55. Achievable steps
56. I'm suffering from ADHD
57. You should see a psychiatrist
58. He is taking medicine
59. They didn't know the origin of their problem
60. Transsexual people
61. They get braver to come up
62. They encourage them to reveal their real character

63. That's why....
64. As we are becoming more aware ...
65. It's not a trendy problem
66. You should be committed to your goals
67. Cheating on someone, don't betray your goals
68. Avoid any distractions and stay focused on the task at hand
69. Stay on track
70. Canceling noises and disturbances
71. The things that make you deviate
72. Some things that derail you
73. Religious people
74. Avoid of any addictions
75. Are you addicted to a specific thing? Smoking 6 cigarettes a day
76. I'm a movie buff (crazy about watching movies)
77. He/she is in the buff
78. He is a quitter
79. As I told you before
80. Who is your favorite movie star?
81. Symbol of beauty
82. I disagree with your criteria
83. He is lovely and he is a different creature
84. The way he pronounces his words
85. He made a movie by the name...
86. A drama movie
87. This is the end of your occupation
88. You should keep learning and adapting to new information and challenges
89. seek out mentors who can help you grow and improve
90. There are a lot of messages behind the sentence
91. Attend seminars
92. Outcomes
93. If you pick on the right choices, ....
94. They give you general knowledge and ideas

95. They just try to turn on the light in your mind
96. they make you interested in the topic.
97. they make you eager to follow it
98. Don't let obstacles hinder you, overcome any obstacle
99. You should hop over the obstacles
100. Resilience
101. An Idiom: Never say die
102. Fall off
103. He has a sweet tooth = he is crazy about sweet
104. Celebrate your achievements and accomplishments even the small ones
105. It means the value of that and appreciates them
106. Surround yourself with positive and effective people
107. They never discourage you and push you forward
108. Prosperity
109. Toxic people
110. They inspire/motivate you
111. I couldn't get any concept of creativity in this picture
112. I wasn't guilty
113. It makes sense
114. Wellbeing =well-fare=connivance
115. take time to relax and de-stress
116. Stop quitting = stop giving up
117. Try to learn from your failures and mistakes and use them as an opportunity to grow
118. Consistency and persistence
119. Medal
120. Think over = ponder=I need to sleep on it = think about consequences and outcomes
121. No preposition is needed
122. Satisfied with = pleased with= fulfilled by
123. Stop Pretending
124. I haven't done it yet
125. It's obvious it goes without saying...= it's crystal clear
126. Reach our goal

- 127. It makes me feel happy
- 128. Let's call it a day
- 129. Eid al-Adha
- 130. Sheep (plural form)
- 131. Delayed feedback, not instant feedback
- 132. Silence of the lambs
- 133. Fight club
- 134. It is a matter of shame
- 135. It will spoil the movie
- 136. Your expectations
- 137. I enjoyed your class
- 138. How old are you turning?

## **Session: 2**

139. My clock runs 2 minutes fast/slow
140. Start and wrap up the class
141. I haven't made up my mind yet
142. You can skip the day and connect it to the weekend
143. Statue of Liberty, Eiffel Tower, BigBen Tower
144. Traveling aboard/overseas
145. I used to hate traveling, I used to prefer to stay home
146. It depends on who is with you or who is your companions
147. Bachelor party, bachelor night
148. Confirmed bachelor
149. Real brands # Fake brands
150. Whether you can tolerate it or not
151. Leaving your comfort zone
152. You might face a lot of challenges
153. It is rewarding
154. Your money will be back but your time never
155. Is it worth it?
156. Pilgrim trip
157. Business trip
158. Hookah
159. It depends on marital status
160. He keeps repeating that
161. He tries to exclude him
162. I decided to wrap up the story forever
163. We have a lot in common = we have similar interests
164. It will be welcome
165. Once in a blue moon
166. They can't keep up with my pace
167. This is my preference
168. I can't tolerate her

169. Nobody asks you to express your opinion
170. Optimistic
171. You are allowed to take only five things with you
172. You have limitations
173. Essential
174. Road trip, sea trip, rail trip, air trip
175. How about others
176. Backpacking
177. Couchsurfing
178. Hitchhiking
179. You have to take the risks
180. Conservative person
181. I thought you might be a/an...
182. Generally speaking
183. I'm not talking about exceptions
184. Literary
185. Reasonable
186. They are wealthy/ stingy
187. The story is getting darker
188. No offense
189. Thank you for your compliments
190. I'm from... Originally
191. You are surrounded by a lot of generous people
192. I have been in touch with....
193. We have a lot of stingy people among our relatives
194. prejudice
195. Labeling on some Tribes
196. A wonderful couple
197. If you had a free ticket, what would your choice be?
198. The Great Pyramid of Giza
199. The Great wall
200. I'm not interested in history
201. Luxurious and fancy places

202. Ancient places/historical places, remains of an ancient civilization

203. Public figures

204. Are you inspired by your friend's travel stories?

205. Which one is more Persuasive (convincible)?

206. Halo effect

207. biases in thinking and decision-making

208. Adventures

209. Choosing wisely

210. Deciding based on the feeling of the moment

211. I am usually inspired by the movies

212. Comfort and relaxation

213. I want to gain/earn new experiences

214. I like to widen my horizons

215. Enhancing our perspective

216. Enrich myself

217. Try to think out of the box

218. The size of their word is as size as their skulls

219. Things can go wrong when you are in travel

220. Can you think of a horse trip

221. A beach resort

222. We had a car broke

223. A festival of bad luck

224. I haven't gone on any trips Since then

225. Was he an Infant or a toddler?

226. I can't remember vividly

227. Mourning ceremony= funeral

228. It was like a wet blanket

229. It ruined my plans

230. Traveling alone

231. It is a budget trip

232. We are traveling on a tight budget

233. I don't have to tell them What to do and what not to do

234. Mature enough



235. The most common mistakes that you made today

236. Go on a trip/journey

237. Take a trip/journey

238. It hasn't been planned yet

239. Landmarks

240. It is a must-seeing

241. It is worth seeing

242. When I am on a trip ...

243. authentic resources

244. Keep the tune

245. Married to ...

246. He had had high expectations

247. Dismayed= startled

248. I would love to go...

## **Session: 3**

- 249. It is so flattering to me
- 250. Don't flatter me
- 251. We are used to eating lunch late
- 252. Canteen
- 253. Cooker=stove
- 254. Chef
- 255. Chief= boss, main reason
- 256. A quick meal
- 257. Do you have dinner as well?
- 258. Turning two meals into one meal
- 259. She teaches in a private school
- 260. Sometimes we buy takeaways
- 261. Sometimes we order takeout
- 262. It is his biggest motivation to be single
- 263. If he had been married, he would not have got such great services
- 264. I used to be a picky eater
- 265. There is no one to spoil /pamper us
- 266. Do you have a private chef?
- 267. Cloth
- 268. I was on a diet
- 269. Did he ruin your reputation?/Did he dirt on your reputation?
- 270. Whenever we get together...
- 271. I can't be a good host for them
- 272. I can't mention any specific type of food
- 273. A slice of sweet, juicy watermelon on these hot summer days is refreshing and hearty.
- 274. You are a foody person.
- 275. Everyone who has eaten my food can admit it
- 276. I am not a big fan of seafood
- 277. I hate shrimp and spinach and celery,I can't stand it
- 278. My mom always asks me about what I like to eat

279. My mom is very good at cooking Stuffed chicken
280. When I'm at my mother's I usually ask for stuffed chicken
281. Water-steamed broccoli or carrots or vegetables
282. I don't know what it is good for
283. The two (chicken and celery) go together/ they agree together
284. Onion is The most consuming item (the most commonly used) in my kitchen
285. It is a staple ingredient in any Iranian home
286. A joke: Iranians first make a lot of fried onions and then decide what to cook
287. Not having rice on the table at a feast can be taken as impolite (rude)
288. Vegetarian pizza
289. Knead the Dough
290. Bacon, red and green peppers, mushrooms and sausage, garlic, steak
291. A point: Herbs are different from vegetables
292. I don't use garlic too much, unlike onion
293. Tell me about the best place you ate pizza ever.
294. I am not eager to eat out
295. I prefer a home-cooked meal even a scrambled or boiled egg
296. It sounds like a luxurious and trendy concept
297. Vegan
298. Dairy products
299. Dairy
300. stock of stew
301. She is strict and hard
302. Vegetarians take supplements such as vitamins and minerals to maintain their health.
303. I don't know if being a vegetarian is good for her
304. It's not just a phase
305. She has been accustomed
306. Only one food for the rest of life
307. What You never get tired of
308. If I were forced to live this lifestyle, I would choose spaghetti.
309. Why soda is unhealthy
310. He is not allowed to drink coca
311. It is a disadvantage of being a parent

- 312. Fizzy(sparkling) drinks.
- 313. Flat drinks
- 314. Still drinks
- 315. Soft drinks
- 316. Alcohol-free drinks
- 317. If you cannot manage to have a balanced diet you will be underweight or overweight
- 318. Calory intake
- 319. Calory deficit
- 320. I need to take care of my weight because I'm overweight
- 321. I'm always on a diet
- 322. I put on weight easily but I lose weight hard and with difficulty
- 323. He is in shape
- 324. You have to squeeze at least 10 oranges to have 1 glass of orange juice
- 325. Fruit juices are too surgery with no fiber
- 326. What meals do you skip?
- 327. When you eat lunch too late you don't have enough room for dinner
- 328. Dinner is not too tempting to me
- 329. 2 slices of toast with some cheese
- 330. Do you weigh all of them?
- 331. I can find it through experience, It comes from my experiences
- 332. Only if I am invited to a party I will have dinner
- 333. I have a jam-packed schedule
- 334. Once I am free for dinner it's too late so I prefer not to eat dinner
- 335. When you eat a lot of surgery things late at night your body won't have enough time to digest and burn the calories
- 336. It will have bad effects on our liver and kidneys
- 337. We are what we eat.
- 338. My mother-in-law is for sure(undoubtedly) the thinnest person I have ever seen in my life
- 339. I told you this introduction to talk with you about something else
- 340. She has the worst lifestyle ever
- 341. Is she diabetic?
- 342. She hasn't taken any blood test
- 343. Small portion

- 344. They have a specific ritual for tea like a party
- 345. They get together after dinner and drink tea with candy and sweet
- 346. Confectionery
- 347. She is something different
- 348. She can not go to bed without sweet
- 349. She lacks iron in her blood
- 350. I can see some suspicious signs in my son
- 351. What kind of diseases does she have?
- 352. She has kind of some disabilities
- 353. Why do you disagree?
- 354. It affects your character and the way you treat
- 355. When you respect your body it can find it and try to be healthy for you
- 356. A typical Romantic dinner
- 357. I didn't pay attention to the candle
- 358. They might be celebrating something
- 359. Those are a wonderful couple
- 360. Double chin
- 361. Cleft chin
- 362. What is your motivation to eat out?
- 363. Celebrating an anniversary, or birthday, gaining an achievement, having a special guest
- 364. Engagement party
- 365. It is not my thing
- 366. If you are living abroad what is the food you would miss the most at home?
- 367. It is full of saturated fat
- 368. I love it from the bottom of my heart
- 369. She always nags
- 370. He must like it
- 371. You are Making speculation
- 372. My mom's cuisine (The way my mom cooks it)
- 373. I can't get enough of eating it even when I am on a diet
- 374. Their cuisine is a disaster
- 375. It must be served with onion and lime
- 376. How do you like it?

- 377. It is my guilty pleasures
- 378. I can't control myself
- 379. He came over to us and brought us local and savory yogurts
- 380. It is really strange
- 381. I put chicken in a frying pan and add some oil
- 382. How do you marinate the chicken or meat
- 383. Olive oil, turmeric, dried lemon, thyme, cinnamon
- 384. I enjoy..../ I hate.....
- 385. We knead dough with fists and fingers
- 386. I have tried it once
- 387. It is famous or well-known for kebab
- 388. Sunny side up
- 389. I slept deprived
- 390. Deprivation
- 391. I haven't made it yet. - Me neither or I have not either
- 392. I tried to stick to my diet = I never cheat= I am committed to my diet
- 393. Whenever I am invited to a party
- 394. It can affect you
- 395. It can have a negative effect on your health
- 396. It is mouth-watering = super delicious = yummy
- 397. You never bear a garage