**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**

1. My clock runs 2 minutes fast/slow
2. Start and wrap up the class
3. I haven’t made up my mind yet
4. You can skip the day and connect it to the weekend
5. Statue of Liberty, Eiffel Tower, BigBen Tower
6. Traveling aboard/overseas
7. I used to hate traveling, I used to prefer to stay home
8. It depends on who is with you or who is your companions
9. Bachelor party, bachelor night
10. Confirmed bachelor
11. Real brands # Fake brands
12. Whether you can tolerate it or not
13. Leaving your comfort zone
14. You might face a lot of challenges
15. It is rewarding
16. Your money will be back but your time never
17. Is it worth it?
18. Pilgrim trip
19. Business trip
20. Hookah
21. It depends on marital status
22. He keeps repeating that
23. He tries to exclude him
24. I decided to wrap up the story forever
25. We have a lot in common = we have similar interests
26. It will be welcome
27. Once in a blue moon
28. They can't keep up with my pace
29. This is my preference
30. I can't tolerate her
31. Nobody asks you to express your opinion
32. Optimistic
33. You are allowed to take only five things with you
34. You have limitations
35. Essential
36. Road trip, sea trip, rail trip, air trip
37. How about others
38. Backpacking
39. Couchsurfing
40. Hitchhiking
41. You have to take the risks
42. Conservative person
43. I thought you might be a/an...
44. Generally speaking
45. I'm not talking about exceptions
46. Literary
47. Reasonable
48. They are wealthy/ stingy
49. The story is getting darker
50. No offense
51. Thank you for your compliments
52. I'm from... Originally
53. You are surrounded by a lot of generous people
54. I have been in touch with….
55. We have a lot of stingy people among our relatives
56. prejudice
57. Labeling on some Tribes
58. A wonderful couple
59. If you had a free ticket, what would your choice be?
60. The Great Pyramid of Giza
61. The Great wall
62. I'm not interested in history
63. Luxurious and fancy places
64. Ancient places/historical places, remains of an ancient civilization
65. Public figures
66. Are you inspired by your friend’s travel stories?
67. Which one is more Persuasive (convincible)?
68. Halo effect
69. biases in thinking and decision-making
70. Adventures
71. Choosing wisely
72. Deciding based on the feeling of the moment
73. I am usually inspired by the movies
74. Comfort and relaxation
75. I want to gain/earn new experiences
76. I like to widen my horizons
77. Enhancing our perspective
78. Enrich myself
79. Try to think out of the box
80. The size of their word is as size as their skulls
81. Things can go wrong when you are in travel
82. Can you think of a horse trip
83. A beach resort
84. We had a car broke
85. A festival of bad luck
86. I haven't gone on any trips Since then
87. Was he an Infant or a toddler?
88. I can’t remember vividly
89. Mourning ceremony= funeral
90. It was like a wet blanket
91. It ruined my plans
92. Traveling alone
93. It is a budget trip
94. We are traveling on a tight budget
95. I don’t have to tell them What to do and what not to do
96. Mature enough
97. The most common mistakes that you made today
98. Go on a trip/journey
99. Take a trip/journey
100. It hasn’t been planned yet
101. Landmarks
102. It is a must-seeing
103. It is worth seeing
104. When I am on a trip …
105. authentic resources
106. Keep the tune
107. Married to …
108. He had had high expectations
109. Dismayed= startled
110. I would love to go…

**Session: 3**

1. It is so flattering to me
2. Don’t flatter me
3. We are used to eating lunch late
4. Canteen
5. Cooker=stove
6. Chef
7. Chief= boss, main reason
8. A quick meal
9. Do you have dinner as well?
10. Turning two meals into one meal
11. She teaches in a private school
12. Sometimes we buy takeaways
13. Sometimes we order takeout
14. It is his biggest motivation to be single
15. If he had been married, he would not have got such great services
16. I used to be a picky eater
17. There is no one to spoil /pamper us
18. Do you have a private chef?
19. Cloth
20. I was on a diet
21. Did he ruin your reputation?/Did he dirt on your reputation?
22. Whenever we get together...
23. I can't be a good host for them
24. I can't mention any specific type of food
25. A slice of sweet, juicy watermelon on these hot summer days is refreshing and hearty.
26. You are a foody person.
27. Everyone who has eaten my food can admit it
28. I am not a big fan of seafood
29. I hate shrimp and spinach and celery,I can’t stand it
30. My mom always asks me about what I like to eat
31. My mom is very good at cooking Stuffed chicken
32. When I’m at my mother’s I usually ask for stuffed chicken
33. Water-steamed broccoli or carrots or vegetables
34. I don’t know what it is good for
35. The two (chicken and celery) go together/ they agree together
36. Onion is The most consuming item (the most commonly used) in my kitchen
37. It is a staple ingredient in any Iranian home
38. A joke: Iranians first make a lot of fried onions and then decide what to cook
39. Not having rice on the table at a feast can be taken as impolite (rude)
40. Vegetarian pizza
41. Knead the Dough
42. Bacon٫ red and green peppers, mushrooms and sausage, garlic, steak
43. A point: Herbs are different from vegetables
44. I don’t use garlic too much, unlike onion
45. Tell me about the best place you ate pizza ever.
46. I am not eager to eat out
47. I prefer a home-cooked meal even a scrambled or boiled egg
48. It sounds like a luxurious and trendy concept
49. Vegan
50. Dairy products
51. Diary
52. stock of stew
53. She is strict and hard
54. Vegetarians take supplements such as vitamins and minerals to maintain their health.
55. I don't know if being a vegetarian is good for her
56. It's not just a phase
57. She has been accustomed
58. Only one food for the rest of life
59. What You never get tired of
60. If I were forced to live this lifestyle, I would choose spaghetti.
61. Why soda is unhealthy
62. He is not allowed to drink coca
63. It is a disadvantage of being a parent
64. Fizzy(sparkling) drinks.
65. Flat drinks
66. Still drinks
67. Soft drinks
68. Alcohol-free drinks
69. If you cannot manage to have a balanced diet you will be underweight or overweight
70. Calory intake
71. Calory deficit
72. I need to take care of my weight because I'm overweight
73. I'm always on a diet
74. I put on weight easily but I lose weight hard and with difficulty
75. He is in shape
76. You have to squeeze at least 10 oranges to have 1 glass of orange juice
77. Fruit juices are too surgery with no fiber
78. What meals do you skip?
79. When you eat lunch too late you don't have enough room for dinner
80. Dinner is not too tempting to me
81. 2 slices of toast with some cheese
82. Do you weigh all of them?
83. I can find it through experience, It comes from my experiences
84. Only if I am invited to a party I will have dinner
85. I have a jam-packed schedule
86. Once I am free for dinner it’s too late so I prefer not to eat dinner
87. When you eat a lot of surgery things late at night your body won’t have enough time to digest and burn the calories
88. It will have bad effects on our liver and kidneys
89. We are what we eat.
90. My mother-in-law is for sure(undoubtedly) the thinnest person I have ever seen in my life
91. I told you this introduction to talk with you about something else
92. She has the worst lifestyle ever
93. Is she diabetic?
94. She hasn’t taken any blood test
95. Small portion
96. They have a specific ritual for tea like a party
97. They get together after dinner and drink tea with candy and sweet
98. Confectionery
99. She is something different
100. She can not go to bed without sweet
101. She lacks iron in her blood
102. I can see some suspicious signs in my son
103. What kind of diseases does she have?
104. She has kind of some disabilities
105. Why do you disagree?
106. It affects your character and the way you treat
107. When you respect your body it can find it and try to be healthy for you
108. A typical Romantic dinner
109. I didn’t pay attention to the candle
110. They might be celebrating something
111. Those are a wonderful couple
112. Double chin
113. Cleft chin
114. What is your motivation to eat out?
115. Celebrating an anniversary, or birthday, gaining an achievement, having a special guest
116. Engagement party
117. It is not my thing
118. If you are living abroad what is the food you would miss the most at home?
119. It is full of saturated fat
120. I love it from the bottom of my heart
121. She always nags
122. He must like it
123. You are Making speculation
124. My mom's cuisine (The way my mom cooks it)
125. I can’t get enough of eating it even when I am on a diet
126. Their cuisine is a disaster
127. It must be served with onion and lime
128. How do you like it?
129. It is my guilty pleasures
130. I can’t control myself
131. He came over to us and brought us  local and savory yogurts
132. It is really strange
133. I put chicken in a frying pan and add some oil
134. How do you marinate the chicken or meat
135. Olive oil, turmeric, dried lemon, thyme, cinnamon
136. I enjoy…./ I hate…..
137. We knead dough with fists and fingers
138. I have tried it once
139. It is famous or well-known for kebab
140. Sunny side up
141. I slept deprived
142. Deprivation
143. I haven’t made it yet.   - Me neither or I have not either
144. I tried to stick to my diet = I never cheat= I am committed to my diet
145. Whenever I am invited to a party
146. It can affect you
147. It can have a negative effect on your health
148. It is mouth-watering = super delicious = yummy
149. You never bear a garage