

## Do you feel motivated yet?

**1. Discuss the sayings below. Which of them are the most/least inspiring or motivating?**

- Hard work may bring you success; but success always demands hard work.
- Don't wait for opportunity. Create it.
- Discipline is the key to success.
- Determination and grit are all you need to achieve your goals.
- If you believe in yourself, you are capable of doing anything.



**2. Look at the words (a–f) and match them to their synonyms (1–6).**

- |                 |                  |
|-----------------|------------------|
| a) nonsense     | 1) profound      |
| b) consequences | 2) gibberish     |
| c) deep         | 3) articulate    |
| d) unclear      | 4) repercussions |
| e) perfect      | 5) ambiguous     |
| f) express      | 6) impeccable    |

**3. Look at the collocations and add two more words that can be used with the word in bold.**

- a) **profound** speaker,...
- b) **ambiguous** message,...
- c) **impeccable** presentation,...
- d) **articulate** words,...
- e) significant **repercussions**,...
- f) complete **gibberish**,...

**4. Complete two opinions using the words from ex. 2 and guess what they are about. Say which one you agree with more.**

- a) They are not as ..... as everyone thinks. They might have an ..... image and a speaker might sound intelligent, but in the end, there's very little meaning: they are often ..... and impractical.

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b) They're not all ..... There are wise and experienced people behind the making of them. At the same time, too many people are now posting them not being able to ..... their thoughts well. The ..... of this are that the audience don't trust them.

### 5. Watch a [video](https://youtu.be/EkPZx6hjG7E) [https://youtu.be/EkPZx6hjG7E] (to 02:58) and discuss the questions.

- What do you think about the ideas expressed in the video? What motivated people to make this video?
- Is it easy to find a good motivational video?
- Have you ever seen a motivational video that was disappointing or gibberish?

### 6. Watch the [video](#) (to 02:58) again and explain what the techniques below are.

- a) hypnotic speech pattern
- b) antimetabole
- c) appeal to tribalism

### 7. Discuss the questions.

- Should there be any negative repercussions for those who spread ambiguous ideas through motivational or educational content?
- What does it take to be a motivational speaker? Can you think of an impeccable example of such a person?
- What are the key reasons inspirational talks become popular?
- What do you think about the effectiveness of inspirational talks for personal growth?
- Think of a time a motivational or educational video helped you. What was it about? What did it inspire you to do?
- Do you find these things useful? Have you encountered gibberish among them?
  - self-help books
  - coaching sessions
  - personal-growth courses
- What other strategies might be effective for promoting personal growth and self-improvement?

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8. Look at the things below and discuss if they make a speaker sound more profound or inspiring. On a scale from 1 to 10, decide how important they are for a motivational speaker.

using a lot of complex terms

dressing smartly

using inspiring music

using visual aids (videos and photos)

quoting famous people

sharing personal experience

asking rhetorical questions