

CHALLENGES & ACHIEVEMENTS

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A GOAL



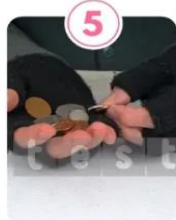
LIFELONG/BURNING AMBITION



A SETBACK



A HURDLE



A HARDSHIP



MOTIVATION



DETERMINATION



RESILIENCE



A STEPPING STONE



A BREAKTHROUGH



AN ACCOMPLISHMENT



A DREAM COME TRUE

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Exercise 1. Complete the sentences with the most suitable words about Challenges and Achievements.

1 Unlike his hardworking siblings, Ken lacks _____ and does very little.

- A. achievement
- B. motivation
- C. hardship
- D. setback

2 Mike managed to _____ his addiction with the help of friends and family.

- A. overcome
- B. achieve
- C. fulfil
- D. attempt

3 You'll need to _____ harder if you want to win the race.

- A. succeed in
- B. attempt
- C. setback
- D. push yourself

4 We came across numerous _____ which really slowed us down.

- A. achievements
- B. hurdles
- C. breakthroughs

D. stepping stones

5 I've always had a _____ to learn to fly a plane.

- A. hardship
- B. setback
- C. burning ambition
- D. motivation

6 Unless Andy _____ his problems, he is unlikely to make much progress.

- A. achieves
- B. succeeds in
- C. believes in
- D. faces

7 I am proud of my daughter for everything she has _____.

- A. achieved
- B. fulfilled
- C. persevered
- D. pushed herself

8 Unless you _____ yourself, you're unlikely to succeed.

- A. overcome
- B. succeed in
- C. achieve
- D. believe in

9 My wife has helped me _____ the problems I've faced during my career.

- A. succeed in
- B. setback
- C. deal with
- D. achieve

10 The discovery of the gene was a fantastic _____ in our research.

- A. lifelong ambition
- B. hardship
- C. breakthrough
- D. push through

Exercise 2. Choose the most suitable options to complete these sentences. You can use each option ONLY ONCE.

<i>fulfil</i>	<i>persevered</i>	<i>determination</i>	<i>succeeded</i>	<i>setback</i>
<i>accomplishment</i>	<i>stepping stone</i>	<i>resilience</i>	<i>exceeded</i>	<i>attempted</i>

- Mary in convincing Lou to change the date of the wedding.
- Working at the newspaper proved to be a in my career.
- Unless you have, you're unlikely to succeed.
- Al expectations and came first in the race.
- My uncle helped me my dream of becoming a pilot.
- Breaking my arm as a teen was a huge in my basketball career.
- Ana is always boasting about her son's big
- Alice showed admirable after the sudden death of her parents.
- Sara to change the tyre herself.
- Despite the pain in his knee, Don and completed the marathon.

Student Questions

- What is a personal goal you have set for yourself this year? Why is it important to you?
- Describe a lifelong or burning ambition you hope to achieve one day. How do you plan to reach it?
- Recall a time when you experienced a setback. How did you overcome it?
- What is an example of a hurdle you have faced in your studies or personal life?
- Can you talk about a hardship you experienced and what you learned from it?
- What motivates you to keep going when things get tough?
- How would you define determination, and why is it important for achieving success?
- Give an example of resilience in your life or someone you know. How was it demonstrated?
- Describe a stepping stone that helped you progress toward a larger goal.
- Have you ever had a breakthrough moment during your studies? What was it, and how did it feel?
- What is one accomplishment you are proud of? How did you achieve it?
- Think of a dream that came true for you. How did you make it happen?

CHALLENGES: VERBS & VERB PHRASES

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PURSUE A DREAM



FACE (DIFFICULTIES)



ATTEMPT (TO DO SOMETHING)



DEAL WITH



SUCCEED IN (DOING STH)



PULL STH OFF



ACHIEVE/FULFIL (A GOAL)



BELIVE IN YOURSELF



OVERCOME (A PROBLEM)



PERSEVERE/ NEVER GIVE UP



PUSH YOURSELF



EXCEED EXPECTATIONS

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Exercise 3. Complete the sentences with the words from the box. Use each word ONLY ONCE.

attempted – believe in – exceeded expectations – hurdles – lifelong ambition – motivation – persevered – pushing myself – pursue – setback

Running is my passion, and it was my 1 _____ to one day participate in the Olympic Games. I believe my 2 _____ came from my cousin, Peter, who was also a long-distance runner, as he, too, was determined to take his running to a professional level. Unfortunately, a car accident left him paralysed and unable to fulfil his goal. Nevertheless, he made the most of a terrible situation and is now one of the country's most successful coaches.

Of course, I would never have been able to 3 _____ this dream without the support of my parents. They taught me to 4 _____

myself and certainly showed their dedication by driving me to training sessions throughout my youth. I also had a great coach who made me realise that unless I kept 5 _____, I would never achieve my goal. By the time I was 18, I was already a state champion and had been accepted to participate in the Olympics the following year. Unfortunately, I experienced a major 6 _____ just weeks before the games when I fell and broke my kneecap, which left me unable to train for nearly a year.

Eleven months later, my bandages came off, and I 7 _____ to start running again. I was very slow at first, and in excruciating pain, but my coach wouldn't let me give up. So, I 8 _____, and by the time the games came around three years later, I was more than ready to race; in fact, I was even faster than I had been before my accident. And though I had never thought it would be possible, I 9 _____ and came away with a gold medal around my neck, proud of what I had achieved and the 10 _____ I had overcome.

Student Questions

1. What steps would you take to pursue a dream you have? Describe your action plan.
2. Can you recall a time when you had to face difficulties at school or work? How did you react?
3. Tell about a moment when you attempted to do something new or challenging. What was the result?
4. How do you usually deal with stressful situations or problems?
5. Describe an achievement where you succeeded in doing something difficult. What skills helped you?
6. Have you ever managed to pull something off that seemed impossible at first? What was it?
7. Think of a time when you achieved or fulfilled a goal. What motivated you?
8. Why is it important to believe in yourself when facing obstacles?
9. Tell about a problem you overcame. What helped you succeed?
10. What helps you persevere and never give up when things get tough?
11. When was the last time you had to push yourself to accomplish something? How did you feel afterwards?
12. Share an experience when you exceeded expectations. How did others react?