

[1] Before We Start...

“The great thing in the world is not so much where we stand, as in what direction we are moving.” --Oliver Wendell Holmes

[2] Definitions:

onwards

momentum

pessimistic

discouraged

enthusiastic

solidly moving in the direction

setbacks

re-charting

dust yourself off

face forward

drop into your lap

instantaneously

makes it worthwhile

savor

...., however small.

fall backwards

self esteem

tread

[3] Watch the presentation**[4] Read the text**

PROGRESS, A STEP AT A TIME

Just one millimeter forward is still progress. Even the tiniest of the tiniest step onwards is very much worth taking. Why? Because it keeps a positive momentum! You want momentum.

So, what if you're not moving forward as fast as you would like? Don't get pessimistic or discouraged. Instead, get creative, get focused, get inspired and once again do all that you can to be truly enthusiastic about where you're going.

Then, take that next step, next step and next step. Keep moving, steadily towards your goal. It doesn't really matter whether you're moving quickly or slowly, what matters are that you are solidly moving in the direction of your choice.

Of course setbacks will come. They always do. When they do, know that you'll recover. Know that you'll recover because you've been there before. You've been restarting and re-charting all your life. Just get back up, dust yourself off, face forward, and take that next step.

Think about it--even if it were possible, would you rather have all of your dreams drop into your lap at once, instantaneously? It's the journey that makes it worthwhile. Knowing and being able to say that you made it to your goal after lots of ups and downs is much more impressive, don't you think? It's far more satisfying to take each step along the way and to savor each milestone as you reach it. The more events there are, the higher and more precious your destination will be.

Spend this day and this moment celebrating, enjoying and feeling yourself making that progress, however small. It will refocus you and make you feel good and proud that you have what it takes.

Even if you never reach your goal, you will be much closer to it than if you stopped or fell backwards. For self esteem, for inspiring others, for really living... face forward and tread ahead.

Think about: Always think about where you're facing.

[5] True or False:

- Even a very small step forward is worth taking because you want to keep a positive momentum. [*true / false*]
- If you're going too slowly, you will have setbacks. [*true / false*].
- If you celebrate every progress you make, it will refocus you. [*true / false*]

[6] Try to put the words back in the correct order WITHOUT looking at the original text:

1	it Because positive keeps momentum a !
2	the much tiniest the taking is tiniest step Even onwards very of worth .
3	your Keep , towards moving goal steadily .
4	Know before that you'll because there recover you've been .
5	The the more more , destination higher events are will and there precious your be .
6	will and make you you you It refocus feel good and proud what it that have takes .

[7] Listen and fill in the blanks:

Just get _____, dust yourself off, face _____, and take that next step. _____--even if it were possible, would you _____ have all of your dreams _____ your lap at once, instantaneously? It's the _____ that makes it _____. Knowing and being _____ that you made it to your goal after lots of ups and downs in much more _____, don't you _____?

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. What are some ways good ways that people could savor a milestone when they reach one?

2. What are some good ways to get inspired when you lose that "let's-go" spirit?

3. Think of a time when you have to restart and re-chart your life. What was the situation? What happened? What did you do in the end?

4. What do you think people will say about goals that are reached:

Quickly & Easily	Slowly & With Struggle
<i>He comes from a rich powerful family with many connections so he is lucky. He and I are different!</i>	

STUDENT NAMES & CLASS NUMBERS: