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Reaching your goals

- ▶ Discuss personal accomplishments
- ▶ Discuss goals

1 SNAPSHOT

Some Common Goals and Dreams

- | | |
|--|---|
| <input type="checkbox"/> win a competition | <input type="checkbox"/> run a marathon |
| <input type="checkbox"/> make a lot of money | <input type="checkbox"/> learn to live with less |
| <input type="checkbox"/> get a promotion | <input type="checkbox"/> be able to help others |
| <input type="checkbox"/> become famous | <input type="checkbox"/> be respected |
| <input type="checkbox"/> learn to travel light | <input type="checkbox"/> have a healthy lifestyle |
| <input type="checkbox"/> find true love | <input type="checkbox"/> plant a tree |



Which of these goals do you think are the most difficult to achieve? Which are the easiest? Why?
Do you have the same goals? Check (✓) them.
What other goals or wishes do you have?

2 PERSPECTIVES Personal accomplishments

- ▶ A Listen to people talk about their accomplishments. Match the statements and the people.

- For me, my greatest accomplishment is the feeling that I've been able to help kids develop their potential and achieve their goals. _____
- I worked hard in school, but I never managed to get good grades. However, I've just published my first book – and it's a best seller! _____
- Last year, I ran my first marathon. I didn't win, but I was able to finish it, and I was very proud of myself. _____
- No one believed in me in the beginning, but I've managed to make a living from my music for the past 5 years. _____
- I felt I had reached one of my lifetime goals when I managed to quit my nine-to-five job to make a living traveling and sharing my experiences. _____

- a. an amateur athlete
- b. a teacher
- c. a writer
- d. a travel blogger
- e. a musician

- B **GROUP WORK** Do you share any similar accomplishments? Which ones?

3 GRAMMAR FOCUS

▶ Talking about past accomplishments

With the simple past

- I **managed** to quit my nine-to-five job two years ago.
- I **didn't manage** to get good grades in school.
- I **was able** to finish the marathon last year.
- I **wasn't able** to travel much on my last job.

With the present perfect

- I've **managed** to make a living with my music.
- I **haven't managed** to record an album yet.
- I've **been able** to help kids achieve their goals.
- I **haven't been able** to achieve many of my goals.

GRAMMAR PLUS see page 147

- A What are some of your latest accomplishments? Complete the statements with *have*, *haven't*, *was*, or *wasn't* to make them true for you.

- I _____ managed to eat a healthy diet.
- I _____ been able to help others.
- I _____ met the person who's right for me.
- I _____ made an important career move.
- I _____ able to get a degree.
- I _____ learned important life skills.

- B **PAIR WORK** Compare your sentences in part A. What accomplishments do you have in common?

- C **GROUP WORK** Complete the statements with your own information. Then share them with your classmates.

- I have been able to _____.
- I have managed to _____.

- I haven't been able to _____.
- I haven't managed to _____.

A: I've managed to take a trip abroad.

B: What countries did you visit?

A: I went to New Zealand three years ago.

C: Really? I've always wanted to go to New Zealand. How did you like it?



4 PRONUNCIATION Stress and rhythm

- ▶ A Listen and practice. Notice how stressed words and syllables occur with a regular rhythm.

I managed to accomplish a lot while I was in college.

I haven't managed to get a promotion yet.

I was able to share my experiences with the world.

- B **PAIR WORK** Take turns reading the sentences in the grammar box in Exercise 3. Pay attention to stress and rhythm.

5 LISTENING A different perspective

- A** Listen to two people answer two interview questions. Write the obstacles they faced and what they did about them in the chart.

	Mr. Sandberg	Ms. Rowe
Obstacle		
What he or she did		
What he or she learned		

- B** Listen again. What did each person learn from his or her experience? Complete the chart.
- C PAIR WORK** Discuss an obstacle that you managed to overcome. What did you learn?

6 WORD POWER Antonyms

- A** Complete the pairs of opposites with the words in the box. Then compare with a partner.

compassionate cynical dependent rigid timid unimaginative

- | | |
|------------------------|----------------------------|
| 1. adaptable ≠ _____ | 4. resourceful ≠ _____ |
| 2. courageous ≠ _____ | 5. self-sufficient ≠ _____ |
| 3. insensitive ≠ _____ | 6. upbeat ≠ _____ |

- B GROUP WORK** How many words or things can you associate with each word in part A?
- A:** What words or things do you associate with *resourceful*?
B: Capable.
C: Good at solving problems.

7 DISCUSSION Inspirational sayings

- A** Read the quotes. Which one inspires you the most?
- The greatest pleasure in life is doing what people say you can't do.
 - Discipline is the bridge between goals and achievements.
 - No matter what you have achieved, somebody helped you.
 - Fall down seven times, stand up eight.
 - Success isn't about how much money you make. It's about the difference you make in people's lives.
- B GROUP WORK** Discuss and justify your choices.
- A:** I like the first quote because, even though my friends weren't sure I could do it, I managed to graduate from high school early. That felt great!
B: You must have been resourceful! But someone helped you, too, didn't they?
C: That's why I like the third quote. No one achieves anything all on their own.



8 CONVERSATION Where do you see yourself?

- A** Listen and practice.

- Interviewer:** Tell me a bit more about yourself. What's your greatest accomplishment?
- Mike:** I think my most important accomplishment was the development of a mobile app during my internship last summer.
- Interviewer:** And did you manage to finish the project?
- Mike:** Yes, I was able to deliver the app before the end of my internship, and it has already received lots of positive reviews from customers.
- Interviewer:** That's interesting. And where do you see yourself in five years?
- Mike:** Well, I know your company already hires remote workers, and that's one of my goals for the future. So, five years from now, I hope I'll be working from my laptop in some tropical country . . . a true digital nomad.
- Interviewer:** I see. And what do you hope you'll have achieved by then?
- Mike:** I'd like to have developed many other successful apps. And I hope I'll have seen more of the world.



- B CLASS ACTIVITY** What do you think of Mike's answers? How would you have answered the interviewer's questions?

9 GRAMMAR FOCUS

- A** Describing goals and possible future accomplishments

With the future perfect

What do you hope you'll **have achieved**?
 I hope I'll **have seen** more of the world.

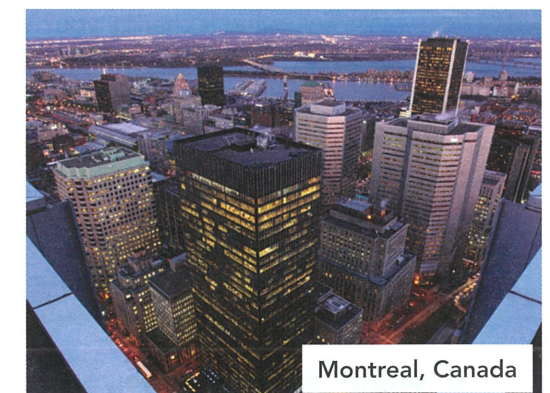
With would like to have + past participle

What **would you like to have achieved**?
 I'd **like to have developed** many successful apps.

GRAMMAR PLUS see page 147

- A** What are some goals you would like to have accomplished in the future? Complete the sentences.
- By this time next year, I hope I'll have . . .
 - Three years from now, I'd like to have . . .
 - In 10 years, I'd like to have . . .
 - By the time I'm 60, I hope I'll have . . .

- B PAIR WORK** Compare your sentences. What goals do you have in common?
- A:** By this time next year, I hope I'll have finished my English course.
B: Me, too. And I'd like to have spent some time in an English-speaking country, like . . .



Montreal, Canada

10 LISTENING My dream career

A Listen to three young people describe their plans for the future. What do they hope they will have achieved by the time they're 30?

			
	1. Hugo	2. Erin	3. Danny
What they hope they'll have achieved			
Their reasons			

B Listen again. Why does each person have his or her specific dream? List one reason for each person.

C PAIR WORK Who do you think has the most realistic expectations? the least realistic? Why?

11 INTERCHANGE 16 A digital nomad

Are you ready to work remotely? Take a quiz and find out. Go to Interchange 16 on page 131.

12 WRITING A personal statement for an application

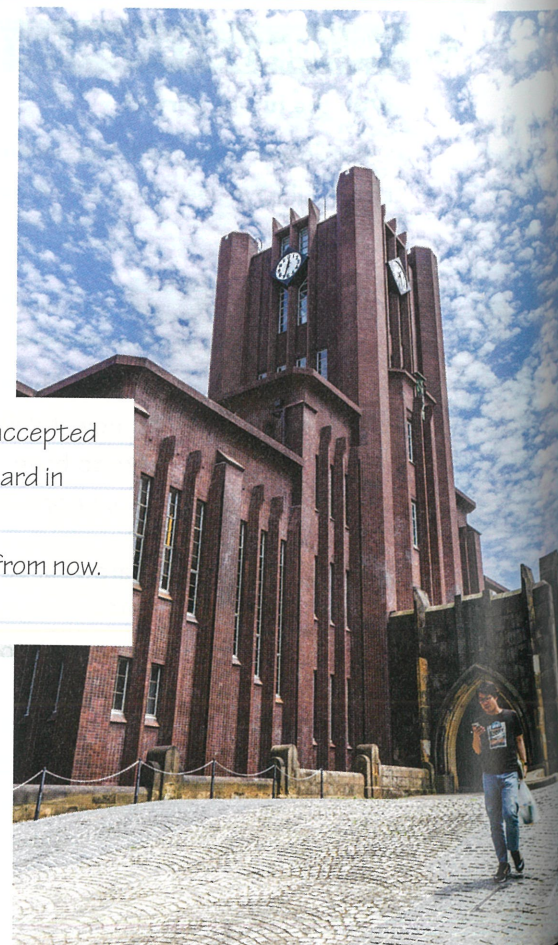
A Imagine you are applying to a school or for a job that requires a personal statement. Use these questions to organize your ideas. Make notes and then write a draft.

- What has your greatest accomplishment been? Has it changed you in any way? How?
- What are some interesting or unusual facts about yourself that make you a good choice for the job or school?
- What is something you hope to have achieved 10 years from now? When, why, and how will you reach this goal? Will achieving it change you? Why or why not?

I think my greatest accomplishment has been getting accepted at a top university in my country. I've always worked very hard in school, and I've had some truly amazing teachers who ...

There are two things I'd like to have achieved 10 years from now. First, I hope I'll have made a good start on my career ...

B GROUP WORK Share your statements and discuss each person's accomplishments and goals. Who has the most unusual accomplishment or goal? the most realistic? the most ambitious?



13 READING

A Scan the article. Where is Michael Edwards from? What sport did he participate in?

Soaring Like an Eagle

Being highly successful in any field is pretty rare. It takes a combination of natural talent, luck, determination, and plenty of outside support for someone to make it big in sports, entertainment, or business. But what if competing is all that matters to you, whether you are likely to succeed or not? This was the goal of Michael "Eddie the Eagle" Edwards, and that he reached that goal was an amazing achievement.

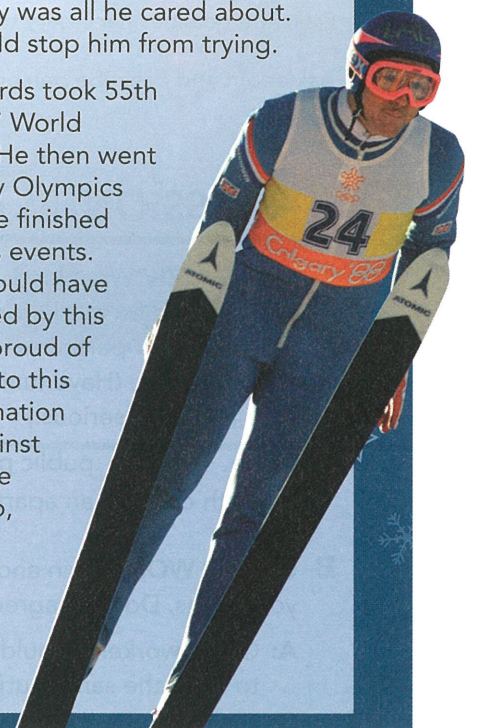


Born in the U.K. in 1963, Michael was an enthusiastic downhill skier whose dream was to compete for Britain in world-class competitions. He would have liked to represent his country in the 1984 Winter Olympics, but there was a large number of downhill competitors, and Edwards didn't qualify. Seeing his chance elsewhere, he switched to ski jumping. Ski jumping training didn't cost nearly as much, and there was no competition for a place on the British team.

But a number of hurdles could have meant the end of Edwards's dream. He weighed more than most competitors, which put him at a disadvantage. He had

no financial support for his training. Poor eyesight meant that he had to wear glasses under his goggles – not a good thing when they steamed up at high altitudes. But he didn't let any of this discourage him. He saw himself as a true lover of the sport who simply wanted the chance to compete. Winning wasn't the point. Having the opportunity to try was all he cared about. And nothing could stop him from trying.

In the end, Edwards took 55th place in the 1987 World Championships. He then went on to the Calgary Olympics in 1988, where he finished last in both of his events. Many athletes would have been embarrassed by this result, but he is proud of his achievement to this day. His determination to persevere against all the odds made him a global hero, and in 2016, the inspiring film *Eddie the Eagle* was made about his life.



B Read the article. Answer the questions.

- According to the writer, how often do people become highly successful?
- What were two disadvantages that Michael Edwards overcame?
- How did Edwards do at the Calgary Olympics in 1988?

C Choose the correct answers.

- Michael Edwards chose ski jumping instead of downhill skiing because ...
 - it took less skill.
 - the equipment was cheaper.
 - there were few British ski jumpers.
- After the Calgary Olympics, Edwards ...
 - felt he had reached his goal.
 - was embarrassed by his results.
 - was glad it was over.
- Michael Edwards is outstanding because of ...
 - his determination to win.
 - his ability to overcome physical disabilities.
 - his enthusiasm for the sport.

D PAIR WORK Would you compete in something if you knew you were likely to lose? Why or why not?