

VI20 LUCK, HOPE AND OPTIMISM



BEGINNER

Sky's the limit----limitless, unlimited

It's my treat! So, sky's the limit..

Activity 1 Pronunciation Guide
Activity 2 Sentence Drill

LUCK, HOPE AND OPTIMISM

INTERMEDIATE



Every cloud has a silver lining – something good and come from something really bad.

This problem pushed me up to become a better person, I believe the every cloud ha a silver lining.

Wishful thinking -----believing that something is true or possible when it really isn't.

Stop your wishful thinking, wake up girl!

Break a leg ----goodluck, keep one's finger crossed, luck out

èBreak a leg in 20K race. I'll cross my fingers for you...luck out!

Sky's the limit----limitless, unlimited

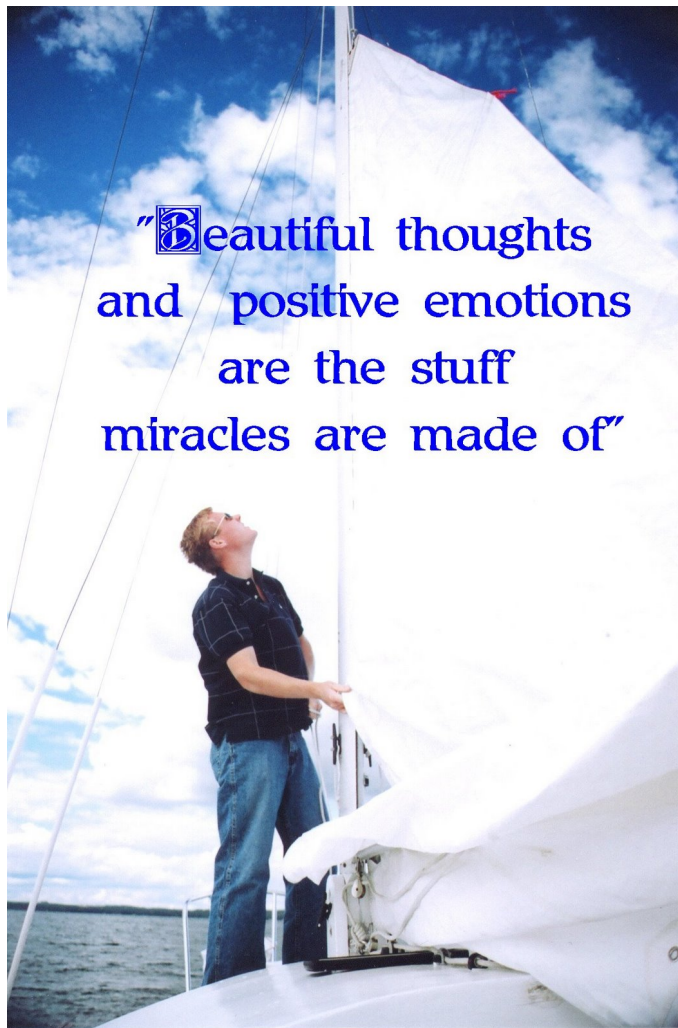
It's my treat! So, sky's the limit..

Activity 1 Pronunciation Drill

Activity 2 Share situations where you can say these phrases:

1. "It`s just a wishful thinking..."
2. "Sky`s the limit..."
3. "Break a leg!"
4. "Every cloud has a silver lining...."

LUCK, HOPE AND OPTIMISM



ADVANCED

The Most Important Things... And YOU Can Control Them

Think seriously about this...

Anxiety and fear strips away courage and makes great performances impossible.

Doubt makes even the best decisions feel difficult and causes procrastination.

Anger rips your focus away from your goals.

Frustration can only serve to make you quit.

Guilt makes it impossible to enjoy any successes you achieve.

Jealousy and envy create dishonesty, hate and corruption.

Your thoughts and emotions are **the only things that can truly stop you.**

Likewise, **the only things that can help you to do,**

be and have anything you want in life are also your thoughts and emotions.

And until now, there has been no way at all to **quickly, easily and predictably** change your moment-by moment thoughts to be like those who easily do what you want to do.

Activity 1 Word and Phrase Drills with Pronunciation Exercises

Activity 2 Let's talk