

Challenging Yourself



What challenge do you want to try
in the future?

Daily English Conversation

Super Class

Tell a Story



The Benefits of Challenges

What do we gain from challenging ourselves?

Vocabulary

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| 1. determination | 5. stimulate |
| 2. excitement | 6. intense |
| 3. exhaust | 7. undergo |
| 4. motivation | 8. evolve |



Scenario 1: A New Challenge

Student A wants to try something new and Student B is giving suggestions about things that could be good challenges.

Scenario 2: Don't Give Up

Student A recently tried a new challenge but it didn't work out very well. Student B is encouraging them not to give up and keep trying.



It is better to have one big challenge than an assortment of smaller ones.

Share a story about a time you challenged yourself and succeeded.

