



Motivation Part One

Ideas from a Life Coach on how to achieve your goals and make changes in your life.

Go to

<http://www.bbc.co.uk/radioscotland/motivation/?emp1=5#emp1>

and watch the video of Gillian Brown giving advice about motivating yourself.

Listen and answer the questions

1. What is the key thing to remember?
2. What do you have to do first? What is step One?
3. What do you have to believe?
4. When you have decided on your goal or focus, what do you do next?
5. What should you do at the end of every month?
6. How long should you do this for?

Motivation Part 2

Trying something new - Bryan started dancing lessons a week ago. This is his second week learning to dance.

Watch the video: Get it On – A New Year, A New You

<http://www.bbc.co.uk/radioscotland/motivation/?emp1=1#emp1>

Watch and answer the questions

1. What was his experience last week – positive or negative?
2. What sort of dancing has he decided to learn?
3. How often are his classes? How often does he practise?
4. Why is it difficult to practise at home?
5. What is going to happen at the end of the dancing course?
What's the finale?
6. What does Greg want from this experience?
7. Do you think he will achieve his goal?



Check your answers

Part One

1. Things take time. Rome wasn't built in a day
2. Make a commitment to yourself.
3. That you can achieve it (your goal).
4. You have to take one step at a time. Break down the goal into a number of milestones that you can achieve. Set yourself, for example, three small steps or actions a week.
5. Write down what you have achieved, what went well, what you still need to work on, what you are going to do next month.
6. At least 6 months.

Part Two - Transcript

This was the second week of lessons. It was much easier.

The first week, I just found so frustrating, I came out of it feeling really angry and just a bit annoyed with myself and just aware of how much a challenge it's going to be, but that's the whole point of the season.

There's no point in me running a half marathon, because I already do that, you know, so that wouldn't be much of a challenge, whereas this is something I've got no experience of.

Halfway through last week I was hating it and thinking what am I doing here.

The reasons that I chose dancing - street dancing in particular was because I get slagged off all the time because I can't dance - I've never understood dance! Particularly that kind of hip hop dancing, and we play those kind of songs on air and I just stand stiffly in the studio tapping my fingers and then you see other people effortlessly move to those kind of things.

I get a lesson once a week with practice at home five nights a week supposedly

And that's the thing that I'm sure everyone who's taken up something new is finding.

It's hard to keep motivating yourself, it's fine when you've got your teacher here, but when you're at home and there's something you want to listen to or, you're watching telly it's hard to think I'm going to go into the hall and practise my dance steps.

So what is the finale?

What's going to happen, the finale?

Yes.

The finale is going to be a performance of my street dance routine right in the middle of our building in the street in the landing on the third floor.

That's the plan to film a proper little 2, 3 minute routine that to you might see on MTV or something like that, one of these Usher videos.

But it's going to be proper street dance - I'd like to be able to go somewhere, to go to a club or a party and one of these songs come on and get up and be able to dance and not be laughed at.

That's all I want out of this, not to be laughed at!