



## I HAVE NO MOTIVATION

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### PDF 1: Warm-up + Dear AI Letter

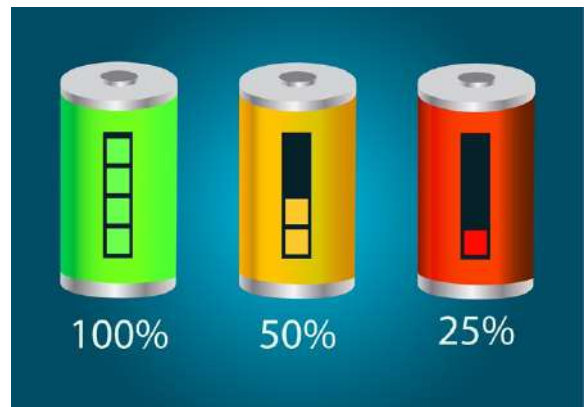
#### Warm-up Questions (Pair work – 8 min)

1. On a scale of 1–10, how motivated are you today? Why?
2. What makes you feel motivated? (music, coffee, deadlines, rewards...)
3. What things make you feel “meh” or unmotivated?
4. Do you often say “I’ll do it tomorrow”?

#### Motivation Battery Activity

Draw a battery on the board. Students label it:

- Full charge = super motivated
- Low battery = no energy
- Dead battery = everything feels “meh”



#### Dear AI Letter (Reading – 10 min)

Dear AI,

I have no motivation.

I want to do so much... but I just don't want to do anything. My A2 ESL lesson is waiting for me, but everything feels “meh”. I keep saying “**Tomorrow sounds like a problem for tomorrow me.**” 🤔

I sit here with my cold coffee, my dog is sleeping on the bed, and my to-do list is still empty. I procrastinate, I get easily distracted by my phone, and I have no energy at all.

Signs I have no motivation:

- No energy
- Always procrastinating
- Easily distracted
- Everything feels “meh”

Please help me!

From,

Emma

Dear AI letter explanation box:

**“Tomorrow sounds like a problem for tomorrow me.”**

**Meaning:** I don't want to do it today. I'll leave the problem for the “me” of tomorrow. It's a funny, lazy way of saying “I'll do it tomorrow.”

## Comprehension Questions

1. What does the writer want to do?
2. What is one sign of no motivation?
3. How does the writer feel?
4. What is on the desk in the picture? (laptop with “NOT TODAY”, to-do list, etc.)

### 1. Listen & Repeat (Model these clearly)

Word	Sounds Like...	IPA (British)	Stress
motivation	mo-ti-VAY-shun	/ˌmɒv.ɪˈveɪ.ʃən/	3
procrastinate	pro-CRAS-ti-nate	/prəˈkræs.tɪ.net/	2
overwhelmed	oh-ver-WELMD	/ˌəʊ.vəˈwelmd/	2
energy	EN-er-jee	/ˈen.ə.dʒi/	1
distracted	dis-TRAK-tid	/dɪˈstræk.tɪd/	2
habit	HAB-it	/ˈhæb.ɪt/	1
reward	ri-WORD	/rɪˈwɔːd/	2
focus	FOH-kus	/ˈfəʊ.kəs/	1
battery	BAT-uh-ree	/ˈbæt.əri/	1
meh	mehh (like a bored sheep)	/me/	1

#### Tip for students:

- **motivation** – the strongest sound is **VAY**
- **procrastinate** – many students say “pro-cras-ti-NATE” (wrong stress!)
- **overwhelmed** – the “whelmed” part is quick and strong
- **meh** – very casual, lazy sound (perfect for low motivation!)

### 2. Quick Pronunciation Challenge (Fun drill)

Say these sentences fast (tongue twisters style):

- I have **no motivation** today.
- I always **procrastinate**.
- I feel **overwhelmed** and **distracted**.
- My **battery** is low, so everything feels **meh**.