



## I HAVE NO MOTIVATION

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### PDF 2: Grok's Reply + Activities

#### Grok's Reply Letter (Reading – 10 min)

Dear Emma,

Haha, I know exactly how you feel! 😓 Your brain is like a phone on 1% battery – it wants to work, but it keeps saying “not today”.

Don't worry. Motivation is not something you wait for. It's something you create.

Here are my **5 simple tips** to help you right now:

1. **Start tiny** – Just open your book or write one sentence. That's a win!
2. **Use the 5-minute rule** – Tell yourself: “I will study for only 5 minutes.” Most times you will continue.
3. **Give yourself a reward** – Finish 10 minutes of English → eat a cookie or watch one funny video.
4. **Move your body** – Stand up, jump 10 times, or dance to one song. Energy comes back fast.
5. **Remember your “why”** – You are learning English for a better future. Future Emma will thank today Emma!

**You've got this.** Tomorrow you will thank today you. 💪

Now go and do **one small thing** today. I believe in you!

Your friend,

Grok

#### Comprehension Questions

1. What does Grok compare Emma's brain to?
2. What is the main message of the letter?
3. Name **two** tips that Grok gives.
4. What does “You've got this” mean?
5. Who is “today you” and “tomorrow you”?

#### Discussion Questions (Pair / Group work – 10 min)

1. Which tip do you like the most? Why?
2. Which tip is the easiest for you to try?
3. What is your biggest “motivation killer”? (phone, sleep, fear, etc.)
4. Do you agree that “motivation is something you create”? Why or why not?
5. Have you ever tried the 5-minute rule? Did it work?

#### Would You Rather...? (Fun speaking – 8 min)

Discuss with your partner and give reasons:

1. Have unlimited energy **OR** unlimited free time?
2. Study now and relax later **OR** relax now and stress later?
3. Do homework with music **OR** in complete silence?
4. Get a reward after studying **OR** get a reward before studying?
5. Be motivated every day **OR** have one super motivated day per week?

## Teacher's Key

### Comprehension:

1. A phone on 1% battery
2. You can create motivation / Don't wait for it
3. Any two from the list
4. You can do it! / You are strong enough
5. Today you = present Emma / Tomorrow you = future Emma