



I HAVE NO MOTIVATION

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PDF 5: Speaking Practice + Review + Hot Seat

Lesson Review (10 minutes)

A. Vocabulary Review

Match the word with the correct meaning:

Word	Meaning
1. motivation	A. a small prize you give yourself
2. procrastinate	B. the feeling of having no energy
3. overwhelmed	C. to delay doing something
4. energy	D. too much to do, stressed
5. distracted	E. something you do regularly
6. habit	F. your mind is somewhere else
7. reward	G. the reason you do something
8. focus	H. "I don't care" feeling
9. battery	I. low or full power (like your phone or motivation)
10. meh	J. to concentrate

B. Quick Grammar Check (Adverbs of frequency)

Complete the sentences with always, usually, often, sometimes, or never:

1. Emma _____ procrastinates when she has no motivation.
2. She _____ feels "meh".
3. Her dog _____ sleeps on the bed.
4. Motivation _____ comes easily.

Extended Speaking Practice

Instructions for teachers: Students work in pairs. Take turns asking and answering.

Try to speak for 1–2 minutes per card. Use the new vocabulary: motivation, procrastinate, overwhelmed, energy, distracted, reward, focus, meh, battery.

Extended Speaking Practice (15–18 minutes)

Speaking Cards (Print and cut – give 1 set to each pair or group)

Cut—

Card Set A – Talk about yourself

1. How often do you feel unmotivated? What do you do then?
2. What is one small habit that can help your motivation?
3. Describe your ideal “motivated” morning routine.
4. What is your biggest motivation killer? (phone, tiredness, etc.)

Try to speak for 1–2 minutes per card. Use the new vocabulary:

motivation, procrastinate, overwhelmed, energy, distracted, reward, focus, meh, battery.

Cut—

Card Set B – Give advice

1. Your friend says “I have no motivation.” What advice do you give?
2. Look at the picture of Emma. What would you say to her?
3. Which of Grok’s 5 tips is the best? Why?
4. What should you do when your “battery” is low?

Try to speak for 1–2 minutes per card. Use the new vocabulary:

motivation, procrastinate, overwhelmed, energy, distracted, reward, focus, meh, battery.

Cut—

Card Set C – Role-play situations

1. Student A: You have no motivation today. Student B: Encourage your friend using Grok’s tips.
2. Student A: You feel overwhelmed. Student B: Help your friend feel better.
3. Student A: “I’ll do it tomorrow.” Student B: Convince your friend to start now.

Try to speak for 1–2 minutes per card. Use the new vocabulary:

motivation, procrastinate, overwhelmed, energy, distracted, reward, focus, meh, battery.

Main activity of PDF 5

Hot Seat Game (12–15 minutes)

How to play:

One student sits in the “Hot Seat”. The other students ask questions from the list below. The student in the hot seat answers as honestly and fully as possible. Change roles after 4–5 minutes.

Hot Seat Question Bank (20 questions – teachers can choose 10–12):

1. How often do you feel you have “no motivation”?
2. What do you usually do when everything feels “meh”?
3. Do you often say “Tomorrow sounds like a problem for tomorrow me”?
4. What is your biggest motivation killer?
5. Which tip from Grok’s letter helps you the most?
6. When do you feel most motivated?
7. Do you prefer to study alone or with friends when you have low energy?
8. What small reward works best for you?
9. How does moving your body (jumping, dancing) help your energy?
10. What is one tiny thing you can do when your battery is low?
11. Is motivation something you wait for or something you create?
12. Look at Emma in the picture. What advice would you give her?
13. What is your “why” for learning English?
14. Have you ever tried the 5-minute rule? Did it work?
15. What funny excuse do you sometimes use?
16. How do you feel after you finally start studying?
17. Would you rather have unlimited energy or unlimited free time?
18. What habit would you like to change?
19. Who helps you feel motivated?
20. What will you do today to create some motivation?

Ask follow-up questions (Why? Can you give an example?).

Bonus Writing Activity (optional – 8 minutes)

Write a short reply to Emma’s “Dear Al” letter.

Use at least 4 vocabulary words from the lesson and one piece of advice from Grok.

Example beginning:

Dear Emma,

Don’t worry! You’ve got this. Try the 5-minute rule and... _____

Teacher's Key

Vocabulary Review Answers:

1-G, 2-C, 3-D, 4-B, 5-F, 6-E, 7-A, 8-J, 9-I, 10-H

Grammar Check Sample Answers:

1. often / always
2. sometimes / often
3. always
4. never / not always

Hot Seat Sample Answers (for teachers to help weaker students):

- When I have no motivation I usually scroll on my phone or take a nap.
- My biggest motivation killer is tiredness.
- I think the 5-minute rule is the best tip.
- My “why” is to get a better job / travel / speak with confidence.