

Activity 1

Look at the following prompts. Fill in the blanks with your own information.

- a. When I imagine myself in five years, I imagine myself being able to _____ in English, though I can't do that now.
- b. The scariest thing I can imagine doing in English is _____.
- c. If I needed to discuss current developments in my field, I would feel _____.
- d. Something I've always wanted to learn about in English classes, but never did, is _____.
- e. I'm jealous of people who can _____ in English.
- f. I don't understand why people say _____ in English.
- g. I always seem to make the mistake of _____ in English.

Activity 2

Look at your answers from Activity 1. Which ones do you think are the most important for you to address now?

Choose one of your answers from Activity 1 and create your own goal. Remember to make your goal SPECIFIC, RELEVANT, and REALISTIC.

Write your goal below:

Activity 3

Look at the list of tasks from **use it - Activity 3** of **The Shift** episode. Do 2 or 3 more this week.