**Lesson:** **Don’t ever share your goals!**

**From:** [**https://www.youtube.com/watch?v=NHopJHSlVo4**](https://www.youtube.com/watch?v=NHopJHSlVo4)

**1. Warm Up**

* Are you used to sharing your dreams and goals with other people?
* If so, who do you share them with?
* In what way do you think sharing your goals with other help you turn them into a reality?

**2. Vocabulary: Before you listen!**

**Directions:** Under your teacher’s supervision, discuss the meaning and practice the pronunciation of the following words**.**

* **acknowledge** /ᴂk-ˈna-lɪdch/ (v.): recognize the importance/quality of something (Sp: *reconocer)*
* **trick** /trɪk/ (v.): deceive (Sp: *engañar*).
* **keep one’s mouths shut** /shot/ (v. ph.): be quiet, not to say a word.
* **state** /steɪt/: affirm, say something firmly in oral or written form (Sp: *afirmar*)
* **on average** /o-ˈnᴂ-vrɪdch/ (prp. ph.): generally, usually (Sp: *como promedio*)
* **afterward** /ˈaf-ter-uards/: at a later time (Sp: *después*)

**3. Listening Comprehension**

**3.1. General Comprehension**

**Question:** What point is the author supporting or opposing?

**3.2. Specific Comprehension**

**Directions:** Watch the video again and answer the following specific questions.

**a)** According to the author, what feeling do people experience when they share their goals with others in advance?

**b)** What is the actual result from sharing goals “a priori”?

**c)** What scientific research does the author use to support his point?

**4. Transcript: Meaning in context**

**Directions:** Read the video transcript aloud for pronunciation purposes. As you read, explain what you believe the author meant by the phrases highlighted in red.

*Everyone, please think of your biggest personal goal. For real -- you can take a second. You've got to feel this to learn it. Take a few seconds and think of your personal biggest goal, okay? Imagine deciding right now that you're going to do it. Imagine telling someone that you meet today what you're going to do. Imagine their congratulations, and their high image of you. Doesn't it feel good to say it out loud? Don't you feel one step closer already, like it's already becoming part of your identity?*

*Well, bad news: you should have kept your mouth shut, because that good feeling now will make you less likely to do it. The repeated psychology tests have proven that telling someone your goal makes it less likely to happen. Any time you have a goal, there are some steps that need to be done, some work that needs to be done in order to achieve it. Ideally you would not be satisfied until you'd actually done the work. But when you tell someone your goal and they acknowledge it, psychologists have found that it's called a "social reality." The mind is kind of tricked into feeling that it's already done. And then because you've felt that satisfaction, you're less motivated to do the actual hard work necessary.*

*So, this goes against conventional wisdom that we should tell our friends our goals, right? So; they hold us to it.*

*So, let's look at the proof.*

*1926: Kurt Lewin, founder of social psychology, called this "substitution."*

*1933: Wera Mahler found when it was acknowledged by others, it felt real in the mind.*

*1982: Peter Gollwitzer wrote a whole book about this, and in 2009, he did some new tests that were published.*

*It goes like this: 163 people across four separate tests. Everyone wrote down their personal goal. Then half of them announced their commitment to this goal to the room, and half didn't. Then everyone was given 45 minutes of work that would directly lead them towards their goal, but they were told that they could stop at any time. Now, those who kept their mouths shut worked the entire 45 minutes on average, and when asked afterward, said that they felt that they had a long way to go still to achieve their goal. But those who had announced it quit after only 33 minutes, on average, and when asked afterward, said that they felt much closer to achieving their goal.*

*So; if this is true, what can we do? Well, you could resist the temptation to announce your goal. You can delay the gratification that the social acknowledgment brings, and you can understand that your mind mistakes the talking for the doing. But if you do need to talk about something, you can state it in a way that gives you no satisfaction, such as, "I really want to run this marathon; so, I need to train five times a week and kick my a\*\* if I don't, okay?"*

*So; audience, next time you're tempted to tell someone your goal, what will you say?*

*Exactly! Well done.*

**5. Grammar for Communicative Purposes**

**5.1. Have Vs. Have Got**

*You've got to feel this to learn it*... let’s take a closer look at the verb phrase in this expression:

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| As you can see, in American English, contracted forms of verb “*have got*” are usually used interchangeably with verb “have”. Let’s practice it in order to get into it! |

**Exercise:** In the following sentences, change verb *have* into *contracted forms of verbs have got*, as in the example.

**a)** You have to keep your mouth shut. **Answer:** *You’ve got to keep your mouth shut.*

**b)** She has to learn not to say anything until it’s done.

**c)** He has to understand it’s for his own good.

**d)** They have something important to accomplish.

**e)** I have nothing else to say.

**f)** We have to admit he was right.

**5.2. Negative Questions**

Let’s take a closer look at this excerpt from the text…

*Doesn't it feel good to say it out loud? Don't you feel one step closer already, like it's already becoming part of your identity?*

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| As you can see, negative questions are common in English, especially in yes/no questions expressing “doubt, uncertainty”. Let’s practice them in the exercise below! |

**Exercise:** Change the following questions into the negative form.

**a)** Do you see the difference? **Answer:** *Don’t you see the difference?*

**b)** Would you join us?

**c)** Did you see what happened?

**d)** Do you understand?

**e)** Are you happy about it?

**f)** Is he your friend?

**g)** Should it be easier?

**5.3. Past Modals**

Analyze the following phrase: *you should have kept your mouth shut*… What does it express?

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| Modal verbs used in the past form (modal + have + past participle) express a hypothesis in the past. That is, something that could have happened in the past, but never got to be a reality. Let’s practice the use of past modal through an oral class activity. |

**Exercise:** Change the following sentences into past tense, as in the example.

a) You should talk to her. **Answer:** *You should have talked to her.*

b) He must be stressed out.

c) It should be hard for him.

d) She could join us in the celebration.

e) I would do exactly the same thing.

f) They would understand your situation.

g) It could bring new opportunities.

h) We could help you do it.

i) You should know the truth.

**5. Speaking: Monologue**

**Directions:** Answer the following questions in the form of an oral presentation. Feel free to add more information on the topic.

* Do you find satisfaction in social acknowledgement? That is, do you need other’s recognition to feel motivated?
* Are you used to keeping your goals to yourself or do you share them with other people?
* What’s your opinion about X’s point after scamming the lesson text? Does it make any sense to you?
* Have you ever felt that telling others your goals somehow prevents you from achieving them? Tell us about it!