

use it

IDENTIFY MY GOAL | PART 1 OF THE iLEAP CYCLE



01

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?

Now 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.