



Worksheet: Understand a Real-Life Video in English: Focus on Rewards!

Congratulations on taking the next step towards making these expressions part of your **Real-Life English**. Are you ready to test yourself and see what you remember?

I use my background as a Neurolanguage coach to create these for you--so that you can spend a short amount of time reviewing, but remember much more easily than with the video alone.

If you like, you can [review the blog post and video here](#). Or watch [the original TED talk here](#).

TEST YOURSELF #1: Talking about positive motivation--in English!

Choose the correct **Business English expressions** to re-create the natural, authentic phrases an advanced speaker would use to talk about praising his or her team.

scare

make threats

resistant to warnings

inaction

Sometimes we try to motivate ourselves with negative motivation. We might _____.

In other words, we might _____ ourselves--or the people around us. We might try to change behavior and reach goals by talking about all the bad things that could happen--if we don't. But there's a problem. We're _____. We don't listen to bad news about what might happen if we don't change our behavior. In fact, too much bad news can even lead to _____--in other words, just doing nothing about our problems! We can do a better, more effective job of motivating ourselves if we use positive forms of motivation...

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TEST YOURSELF #2: Positive Motivation!

Match the phrases in each column to find ways to praise your team--in a way that sounds natural, confident, and sincere.

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|------------------------|---|
| 1. social incentives | A. remind us a new habit is a good idea right now--even if we won't see the benefits for a long time. |
| 2. immediate rewards | B. small rewards that let you know that other people will see if you're reaching your goal |
| 3. progress monitoring | C. the feeling that you CAN do something about your situation |
| 4. a sense of control | D. or taking note of the positive steps you're making |

Do you need help with YOUR Business English?

I designed these activities to help you test yourself and build confidence on your own--but for your specific situation, you might need more personalized attention.

If you want to see how individual coaching can help your Business English [book an informational appointment with me here.](#)

Corrections

Challenge #1

Sometimes we try to motivate ourselves with negative motivation. We might **make threats**.

In other words, we might **scare** ourselves--or the people around us. We might try to change behavior and reach goals by talking about all the bad things that could happen--if we don't. But there's a problem. We're **resistant to warnings**. We don't listen to bad news about what might happen if we don't change our behavior. In fact, too much bad news can even lead to **inaction**--in other words, just doing nothing about our problems! We can do a better, more effective job of motivating ourselves if we use positive forms of motivation...

Challenge #2

1. Social incentives are **(B)** small rewards that let you know that other people will see if you're reaching your goal.
2. Immediate rewards **(A)** remind us a new habit is a good idea right now--even if we won't see the benefits for a long time.
3. Progress monitoring **(D)** or taking note of the positive steps you're making.
4. A sense of control **(C)** the feeling that you CAN do something about your situation.