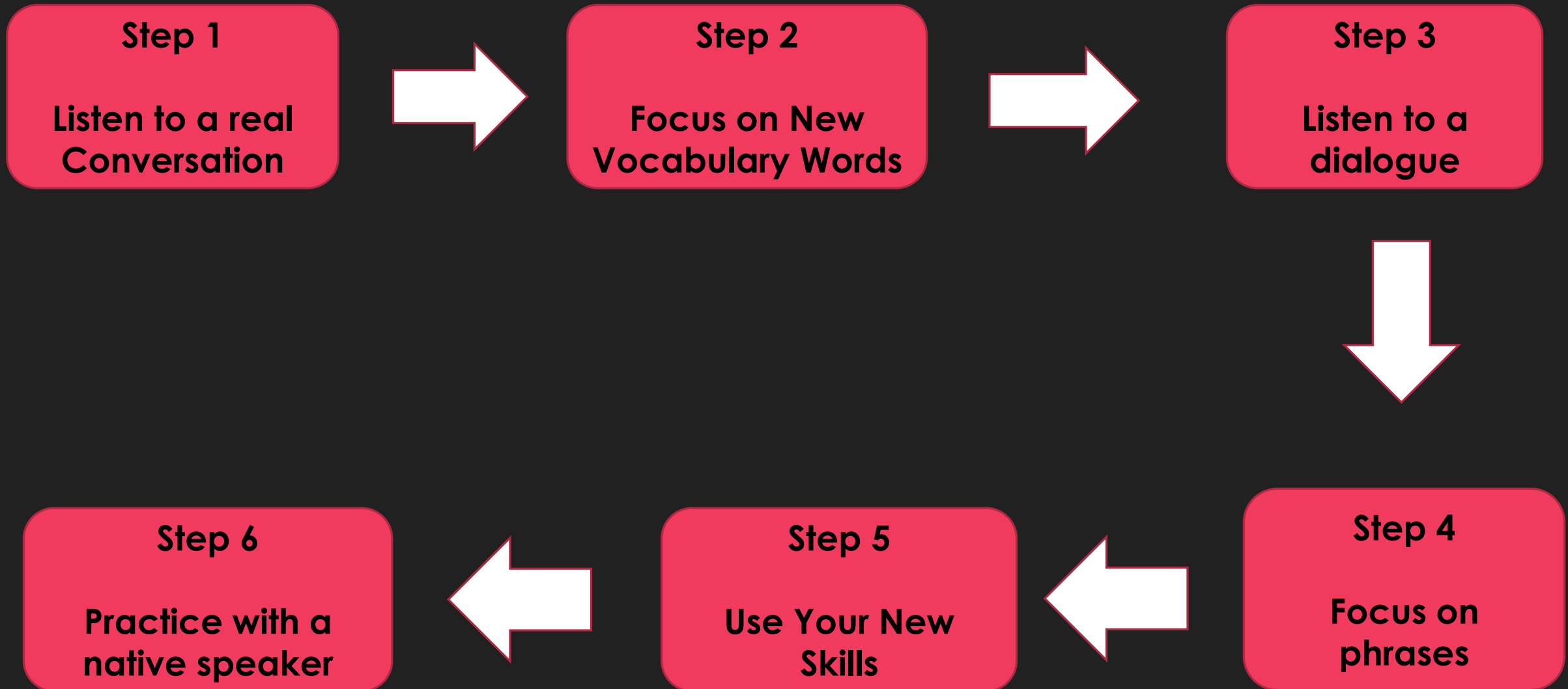




How Do You Measure Success?

A Vocabulary Lesson

Our Method



Step 1: What Is “Success” to You?



Please listen to Audio Step 1-What Is “Success” to You?

There are a million different ways to define success. Find out how Molly and Susan define success in this conversation.

Please view Transcript Step 1- What Is “Success” to You?

Step 2: Focus on New Vocabulary Expressions

To align

Stage of life

**It's not all
it's cracked
up to be**

**Your future
self**

**To live in the
moment**

**To measure
success**

**Down the
line**

Your future self



This is a way to describe the person that you will be in the future.

What will your future self want?

To align

verb



To bring into cooperation or agreement

Do you align your actions with your values?

**To live in the
moment**

expression



**To focus the mind and body on what is happening now, rather
than the past or the future**

I try to live in the moment and enjoy the simple things.

Stage of life

expression



A specific period of time in one's life

The way you measure success changes based on your stage of life.

**To measure
success**

expression

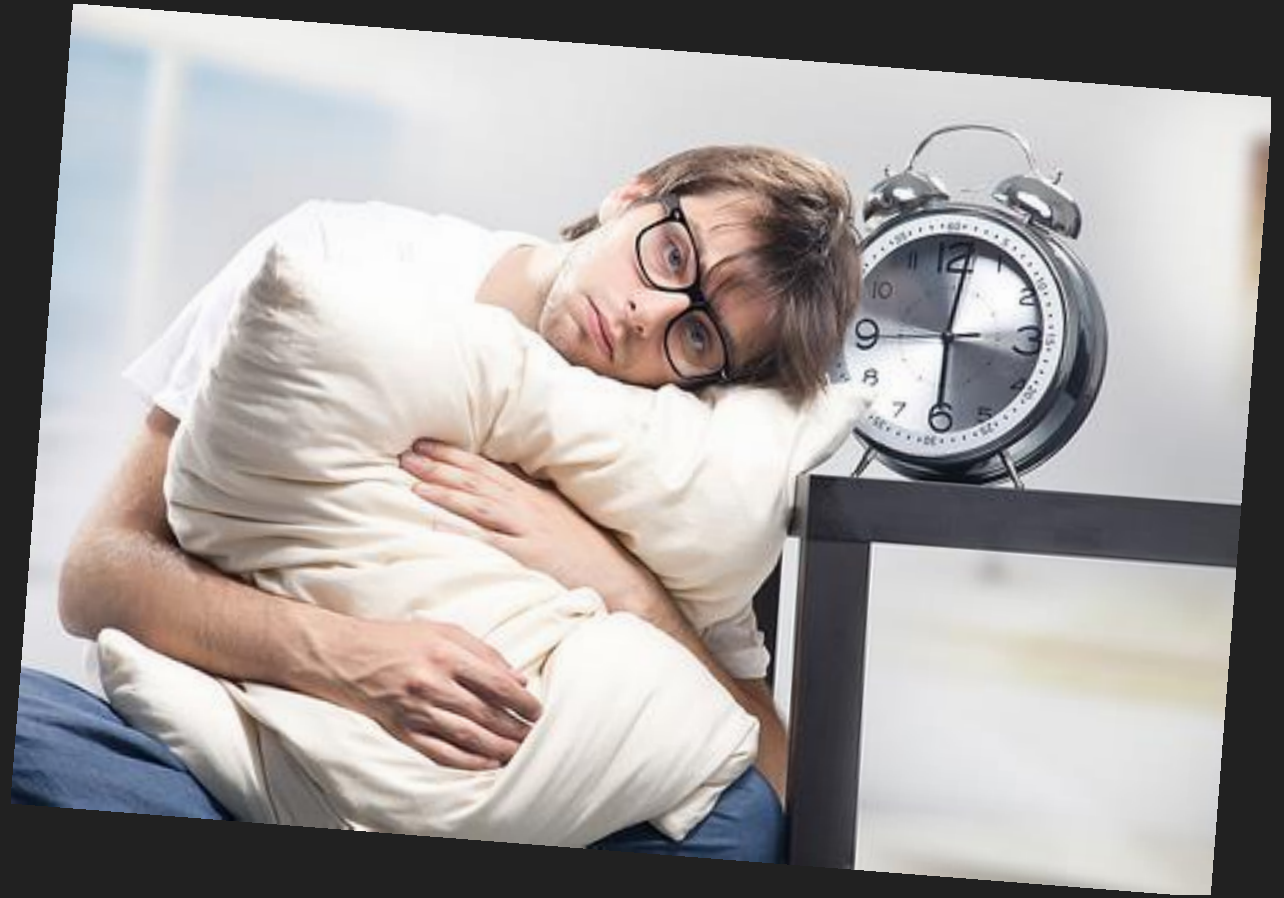


**To determine or calculate success based on different
parameters or benchmarks**

How did you measure success when you were in college?

**It's not all it's
cracked up to
be**

expression



**You can use this expression to say that something that people
expect to be great is, in fact, not so great**

Having your own apartment is not all it's cracked up to be.

Down the line

expression



This expression means “later in life.” You can also say “Down the road.”

Where will you be living 10 years down the line?

Step 3: You Look Happy!

Is getting a promotion a measure of success in life?

Some people think it is. Listen to this conversation between friends.

**Listen to Audio Steps 3 and 4-
You Look Happy!**



Step 4: Focus on the Vocabulary Phrases

Learn the new vocabulary in context!

Please open Transcript Steps 3 and 4 – You Look Happy

- Do you think your future self would want more money...?"
- "I try to align my life choices with my personal goals..."
- "I try to live in the moment"
- "At this stage of life, the extra money is certainly tempting."
- "A promotion is a great measure success, isn't it?"
- "Making money might not be all it's cracked up to be"
- "It's hard to say what I'll want down the line"

Bonus! Say It Another Way!

Learn how to say the phrases in a different way!

Click on the file “Say It Another Way”

Step 5: Use Your New Skills

Your future self

To measure
success

To align

It's not all it's
cracked up to be

To live in the
moment

Down the line

Stage of life

A: So how do you __1__ (calculate success)?

B: I do it a bit differently than most people. I try to __2__ (be present) and based on that, I know if I have had a successful day.

A: Hey I got a new car!

B: Oh really? That's great, but you know, having a new car is __3__ (not as great as you think it is)

A: Yeah, but at this __4__ (time in my life) it's pretty exciting.

Step 5 answers

- 1- measure success
- 2- live in the moment
- 3- not all it's cracked up to be
- 4- stage of life

**It's not all it's
cracked up to be**



Down the line



Stage of life

Prepare Your Vocabulary Cards



Your future self

To align



**To live in the
moment**



**To measure
success**

Step 6: Practice with a Native Conversation 1

- Have you ever taken a job that you thought would be amazing, but later found out that **it wasn't all it was cracked up to be**? Describe the situation and your feelings of disappointment.
- If you consider your life now, do you feel that your current life goals **align** with your daily actions and activities? Why or why not? What changes could you make?

Bonus Conversation 1: Please use the phrases from Say It Another Way (A= friend, B= friend)

A: (student) Hey did you start your new job yet?

B: Yeah, but I'm kind of disappointed. I realized that it _____ (wasn't all it was cracked up to be)

A: Yeah based on the way you described it, it didn't sound like the job _____ (aligned) very well with your goals and your personality.

B: Oh well, I am going to start looking for something else.

Bonus Conversation 1 answers

Bonus Conversation 1: Please use the phrases from Say It Another Way (A= friend, B= friend)

A: *(student) Hey did you start your new job yet?*

B: Yeah, but I'm kind of disappointed. I realized that it wasn't as great as I thought it was.

A: *Yeah based on the way you described it, it didn't sound like the job corresponded very well with your goals and your personality.*

B: Oh well, I am going to start looking for something else.

Step 6: Practice with a Native Conversation 1

- What do you think your **future self** will want **down the line**? Describe your expected wants and needs in different **stages of life** in the future. Are you on track to get those things or not?

Bonus Conversation 2: Please use the phrases from Say It Another Way (A= friend, B= friend)

A: *(student)* Are you planning for the future?

B: Yeah, kind of. I know that _____ (my future self) will want to have a lot of experiences to reflect on, not necessarily a lot of money.

A: Yeah, I've been thinking about that too. That's why at this _____ (stage of life) you should be traveling and having lots of cool experiences.

B: That's true because _____ (down the line) I won't be able to do that.

Bonus Conversation 2 Answers

Bonus Conversation 2: Please use the phrases from Say It Another Way(A= friend, B= friend)

A: *(student) Are you planning for the future?*

B: Yeah, kind of. I know that in the future, I will want to have a lot of experiences to reflect on, not necessarily a lot of money.

A: *Yeah, I've been thinking about that too. That's why at this time in your life you should be traveling and having lots of cool experiences.*

B: That's true because later I won't be able to do that.

Additional Conversation Questions

Here is a list of ways that people define success. Which ones do you agree with and not agree with?

Success is:

- A great job title
- Fame
- A huge number of rich life experiences to reflect on (travel, learning experiences)
- Learning from your mistakes
- Taking action every day, acting on your intentions
- Having close bonds friends and family, a great support system
- Understanding the nature of your mind, inner peace, spiritual practice, belief in something bigger
- Being in the present money
- Buying a house and building wealth
- Being in great physical condition
- Mastering a specific skill (language, musical instrument, etc.)

Additional conversation questions

- How do you **measure success**? Is your way of measuring success similar to other people in your life or is it different? Has this caused any problems? Please explain. How did you learn to **measure success** the way you do? Who taught you this?
- Name 3 people that you consider successful. Why do you consider each one successful?
- Why do you think that people get confused and chase the wrongs things in order to be successful in the eyes of other people and end up being unhappy? Has this ever happened to anyone you know?
- Do you consider your life a success up to this point? Why or why not?
- How do you think that success is measured differently in your own culture versus American culture versus other cultures you have traveled to?

Additional Conversation Questions

- How much influence does luck have when it comes to success?
- Woody Allen said, “80% of success is showing up.” Do you agree with him? Why or why not?
- Give an example of a small success that you have already had today?
- Consider the 3 people that are most successful in your life. What are their common habits? What do they all do that perhaps unsuccessful people don't do?

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