



A. Vocabulary Study

Study the following words and expressions with your tutor.

講師と一緒に単語と表現を学びましょう。

Vocabulary	Meaning
tackle	deal with
取り組む	対処する
intuition	instinct; one's quick understanding
直感	勘：素早い理解
underestimate	undervalue; to make it seem less
過小評価する	軽視する：軽く見る
relentless	never-ending; persistent
情け容赦ない	終わることなく：しつこい
consecutive	following continuously
連続する	ずっと続く

B. Reading Practice

Check the pronunciation, meaning and usage of the words with your tutor.

講師と一緒に言葉の発音、意味、使い方を確認しましょう。

How To Achieve Your Goals

1. Aim For Personal Development

You have the full control over your own being. If you think you're not going anywhere, it's never too late to focus on becoming better. You may attend seminars, read books or listen to radio programs that **tackle** personality development topics. The more you learn them by heart and put into practice, the better you will become.

2. Be Particular With Your Goals

Set a clear goal on what you want to achieve in every area of your life-- health, work, relationships and personal development. Trust your own **intuition** on how you want to set your goals. You don't have to do things in a certain way just because that's how others did it. Life may be about going with the flow, but each of us has our own unique way in discovering happiness as it is subjective.

3. One Step At A Time

Just because you have set several goals doesn't mean you have to work on everything at the same time. Never **underestimate** your capability on getting things done. Taking one step at a time means focusing on one task at a time. It will help to prioritize the ones that have a big impact in your life. As you work your plans, remember to breathe and live the moment also.

4. Stay Focused

Maintaining a **relentless** focus is easier said than done. Once you get distracted, one simple way to convince yourself to go back on track is by reminding yourself of the reason you decided to do it in the first place. Just do it and try not to think about the worst outcome. Distractions will always come your way. And, while it's not possible to go about all your plans flawlessly, it will help to keep a steady heart.

5. Do A Reality Check

Constant distractions? **Consecutive** failures? How do we know when to give up a goal? This is when a reality check comes into the picture. Never give up too easily, but also know when to pause and redirect your path. You are on your journey to self-discovery after all.

出展

意味
例文

Weblio辞書 英和辞典・和英辞
Weblio 英語例文

<http://ejie.weblio.jp/>
<http://ejie.weblio.jp/sentence/>

C. Sentence Construction Practice

Construct your own sentences using the words listed below.

与えられた単語を使って、文章を作ってみましょう。

A. tackle

A 1. _____

A 2. _____

B. underestimate

B 1. _____

B 2. _____

C. impact

C 1. _____

C 2. _____

D. relentless

D 1. _____

D 2. _____

E. consecutive

E 1. _____

E 2. _____

D. Comprehension Questions

Answer the following questions based on the article.

上の文章に基づいて、質問に答えましょう。

- 1 What should you do to achieve personal development?

To achieve personal development, I should...

- 2 How should you set your goals?

I should set my goals by...

- 3 What does taking one step at a time mean?

Taking one step at a time means...

- 4 What is one simple way to get back on track once you get distracted?

One simple way I can do to get back on track once I get distracted is...

- 5 What should you do when you face constant distractions and consecutive failures?

When I face constant distractions and consecutive failures, I should...

E. Discussion Questions

Answer the following questions based on your opinion.

あなたの意見をもとに、以下の質問に答えましょう。

- 1 Which advice do you think is the most effective?

The most effective advice is...

- 2 What is worse, failing or not trying at all?

What is worse is...

- 3 What are the top 5 things you cherish in life?

The top 5 things I cherish in life are...