



# HABITS OF SUCCESS



Scan to review worksheet

Expemo code:  
19S9-I1LB-1SJ3

## 1 Warm up

In pairs, discuss the following questions.

1. What habits do you have?
2. What have you been successful with in your job?
3. Which people do you admire for their success?

## 2 Focus on vocabulary

Part A: Match the vocabulary to the definitions.

- |                           |  |
|---------------------------|--|
| 1. <u>attribute</u> (v)   | a. very well-known and respected                                       |
| 2. <u>clarity</u> (n)     | b. say that something is responsible for a particular result or action |
| 3. <u>chaos</u> (n)       | c. the qualities that make people want something                       |
| 4. <u>lure</u> (n)        | d. a complete lack of organisation                                     |
| 5. <u>merit</u> (n)       | e. only or simply  |
| 6. <u>merely</u> (adv.)   | f. a positive point about something that needs to be recognised        |
| 7. <u>pad</u> (n)         | g. a set of papers connected at one edge for drawing or writing on     |
| 8. <u>ravenous</u> (adj.) | h. the quality of being able to think or understand something clearly  |
| 9. <u>renowned</u> (adj.) | i. extremely hungry  |

Part B: When you have finished, complete the gaps in the article on page three with the vocabulary from Part A. You may have to change the form of the word.



## 3

**Reading comprehension**

Complete the following sentences with endings a – i. There are more endings than sentences.

1. If you walk into a book shop, it would be easy to believe that the only thing ...
  2. Numerous famous people from the past and ...
  3. Humans naturally feel comforted by ...
  4. If it were as easy as merely copying successful people ...
  5. There are numerous people who have...
  6. BF Skinner did studies on pigeons and noted how they would ...
  7. When rituals could help is in ...
  8. *Not needed*
  9. *Not needed*
- a. ... the future will be difficult to comprehend.
  - b. ... finding order in the middle of chaos.
  - c. ... display certain behaviours in an attempt to control when they were fed.
  - d. ... improved the world with their brilliance who did not make a large sum of money.
  - e. ... present adopted their own rituals to help them with their creativity.
  - f. ... often leave the house to look for work.
  - g. ... standing between you and success is having the correct habits.
  - h. ... to emulate their success, there would be far more of them by now.
  - i. ... creating a positive mindset which helps us succeed.





## Can you learn success?

### Developing good habits

- A. Looking along the rows in any self-help business section of your local bookshop, and you'd be forgiven for thinking that success was \_\_\_\_\_<sup>1</sup> a case of adopting the right habits. With over 25 million copies sold, Stephen R Covey's *The 7 Habits of Highly Successful People* is one of the most \_\_\_\_\_<sup>2</sup> books on the subject, but it doesn't stop there. There is a whole range of books offering a variety of habits that top business managers, highly successful people, and great leaders all know that you don't. It's a world where people you want to be do things you want to do, with money that you want to have and all you have to do is buy the book to find out what it is.
- B. Bill Gates, for example, rocks back and forth in his chair while thinking, the physical motion, as he tells it, helping with his mental \_\_\_\_\_<sup>3</sup>. The ideas he has are then written down on, and only on, a yellow legal \_\_\_\_\_<sup>4</sup>. Arianna Huffington makes a point of escorting all electronic devices from her bedroom each and every night in a ritual to better create an atmosphere for sleeping, the vital element for the success of the following workday. It's not just the modern-day rich and famous who had very specific procedures either. Charles Dickens was said to keep a compass handy when travelling to ensure that he always slept facing North. The author felt that this was what aided his productivity. Beethoven was very particular about his coffee, insisting each cup was made with exactly 60 beans to power his music writing.
- C. The \_\_\_\_\_<sup>5</sup> of books on this subject is down to our natural desire to make connections between events with a process that psychologists refer to as 'superstitious learning'. It also explains why conspiracy theories are so attractive, as well as the existence of certain religious ceremonies throughout history. Finding patterns in \_\_\_\_\_<sup>6</sup> is comforting. \_\_\_\_\_<sup>7</sup> Bill Gates' brain power to what he does while he is in thought rather than a mixture of his clear intelligence and good fortune is attractive. History, after all, is littered with brilliant inventors and business owners who didn't make billions from their thoughts.
- D. The American psychologist, BF Skinner, did experiments on the link between rewards and random behaviour. He attached a device to a cage of hungry pigeons that would release food to them at regular breaks. He soon began to observe the pigeons making certain movements when their hunger increased as they tried to connect their own actions with the act of being fed. One pigeon began to turn around anti-clockwise several times when it was feeling \_\_\_\_\_<sup>8</sup>. Another began to put its head repeatedly into the corner of the cage. The desire to connect personal rituals to outcomes over which we have no control extends to humans too.
- E. However, this is not to say that these behaviours are without \_\_\_\_\_<sup>9</sup>. Studies have shown that rituals which we believe can enhance our chances of success create a positive mindset. It is this mentality which can actually help us do well. So, as the song goes: don't stop believing.

Sources: *bbc.com*, *The Guardian*



**4 Focus on phrasal verbs**

**Part A: Complete the following phrasal verbs and definitions by writing in the correct preposition from the box. Some preposition from the box will be used more than once.**

around / on / back / off / for / by

1. thrive \_\_\_\_\_ – to get energy from or be successful at a particular, often difficult, situation
2. egg \_\_\_\_\_ – to encourage someone to keep going (not always positive)
3. get \_\_\_\_\_ – to find a way of successfully dealing with a problem
4. bounce \_\_\_\_\_ – to get successful or healthy again after a period of difficulty
5. go \_\_\_\_\_ – to put energy into achieving a particular goal
6. go \_\_\_\_\_ – to feel time passing
7. take \_\_\_\_\_ – to begin to be successful or popular
8. pay \_\_\_\_\_ – to see a plan or an action be successful

**Part B: Now complete the following questions with the correct phrasal verb. You may have to change the form of the verb.**

1. When was the last time you had to \_\_\_\_\_ a difficult situation? What did you do?
2. When was the last time you \_\_\_\_\_ a promotion or new job? What happened? What did you do to help you be successful?
3. Which part of the year \_\_\_\_\_ most slowly for you? Why?
4. What do you do to \_\_\_\_\_ colleagues or friends who are having a hard time?
5. What situations do you \_\_\_\_\_ in your work?
6. What risks have you taken in your life that \_\_\_\_\_?
7. When have you had a problem and then been able to \_\_\_\_\_?

**Now in pairs, answer the questions.**



## 5

**Listening for details**

Complete the table by completing the phrasal verbs and then ticking the box to show which speaker uses them.

Phrasal verb	Speaker 1	Speaker 2
a. bounce _____		
b. egg _____		
c. get _____		
d. go _____		
e. go _____		
f. pay _____		
g. take _____		
h. thrive _____		

## 6

**Listening comprehension**

Read the following statements and decide if they are true (T) or false (F).

1. Speaker 1 works well in a busy place with people around. \_\_\_\_\_
2. Speaker 1 always gets out of bed before 6 am. \_\_\_\_\_
3. Speaker 1 sleeps longer at the weekend. \_\_\_\_\_
4. Speaker 1 focuses on possible problems ahead of them. \_\_\_\_\_
5. Speaker 2 plans for the next day the night before. \_\_\_\_\_
6. Speaker 2 has always been quite content with their life. \_\_\_\_\_
7. Speaker 2 thinks their success is a result of having a plan. \_\_\_\_\_
8. Speaker 2 wants to be more successful than other people they work with. \_\_\_\_\_



**7 Talking point**

In pairs, discuss the following questions.

1. What do you think about Speaker 1's advice? Do you think you could do what they do to be successful? Why/why not?
2. What do you think about Speaker 2's advice? Have you tried doing what they do? Why/why not?
3. What useful habits would you advise people to develop in order to be successful?
4. What is your idea of 'success'? What will you be doing when you are 'successful' in your opinion?

**8 Extended activity/Homework**

Write an email to your younger self giving them advice about what they should do to be successful and avoid the problems you have had in your career.

Consider the following questions:

- What did you want to do when you first started working?
- What mistakes did you make?
- What could you have done to make life easier for yourself when you were younger?
- What have you learned about working that you didn't know then?

You should:

- Write at least 200 words.
- Check your grammar, spelling and punctuation.

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