GOALS & MOTIVATION

25 conversation questions

1. Is the dream a goal or is the goal a dream?
2. Have you read Brian Tracy's 'Eat that Frog!'?
3. What is your "frog"? (the most important task you are most likely to procrastinate on)
4. If you have two important tasks before you, do you start with the harder one?
5. What are the most common goals that people set themselves?
6. Why do people need goals in their lives?
7. Does setting goals lead to success?
8. Should parents help children set goals?
9. What goals have you recently set yourself?
10. What keeps you motivated to achieve your goals?
11. Have you achieved the goals you set yourself two years ago? Why or why not?
12. Do you break your long-term goals into short-term ones?
13. Do you write down your goals?
14. Have you ever set yourself SMART* goals?
15. What are your SMART goals for learning English?
16. Is it better to be intrinsically motivated or extrinsically?
17. Do you agree with the saying, "Where there is a will, there is a way"?
18. Why is it better to teach a man to fish rather than give him a fish?
19. What do you do when you feel like quitting?
20. How do you know when it's time to give up, and when it's time to try harder?
21. How do people know what they want to do in life and when do they figure it out?
22. What separates the successful from the unsuccessful?
23. Would you rather follow your passion or please your parents?
24. Which is better, to be a jack-of-all-trades or a master of one?
25. What's on your bucket list? (a list of things to do before you "kick the bucket")



* Specific, Measurable, Achievable, Relevant, Time-related

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