Unit 4 Challenges & Attitude

Being challenged in life is inevitable, being defeated is optional.

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"Being challenged in life is inevitable, being defeated is optional."

- There are always challenges / it's inevitable
- Optional = sometimes you succeed
- Necessary to overcome a difficulty



"Attitude is a little thing that makes a big difference."

- Churchill – former Prime Minister of the UK during WW2
- It doesn't matter what you are. What matters is what you feel you are.
- A big difference = you feel stronger



"Challenges are what make life interesting. Overcoming them is what makes life meaningful."

- If there are no problems in life, it's boring
- A victory gives your life purpose



"The only disability in life is a bad attitude."

- Disability = handicap or after an accident
- Don't look down / look up / keep faith



1 Vocabulary – Understanding the quotes

A. Match the words with their definitions.

1. To overcome	☐	a.	Something that is unavoidable
2. Inevitable	☐	b.	To take a chance
3. To defeat	☐	c.	To succeed in dealing with a problem
4. Meaningful	☐	d.	To win against someone
5. To take risks	☐	e.	Something that has a purpose
6. To face a challenge	☐	f.	To deal with a difficult situation
7. Courageous	☐	g.	Brave
8. A disability	☐	h.	A physical or mental condition

B. Complete the sentences with the words in the box.

overcome – attitude – meaningful – defeated – courage challenge – inevitable – succeed – optional – difficulty

1. Everyone faces a _____ at some point in their life.
2. It takes _____ to face your fears.
3. Failure is not always negative. You can learn from your _____.
4. A positive _____ can change the way you see things.

2 Grammar – Modals and advice

A. Choose the correct modal.

1. You _____ never give up. (must / should / can)
2. Climbers _____ be careful. (must / might / have to
3. A positive attitude _____ help you. (can / could /
4. There _____ be an avalanche. (may / must / should

B. Rewrite the sentences using the words given.

1. It is important to believe in yourself. → You should _____
2. Perhaps they are in danger. → They might _____

3 Grammar – Comparatives and Superlatives

A. Complete the sentences.

1. A lion is _____ (strong) than a cat.
2. Overcoming difficulties can be _____ (meaningf
3. The girl is _____ (courageous) than people think

B. Use AS...AS or NOT AS...AS.

1. The cat is _____ strong _____ a lion.
2. Climbing a mountain is _____ easy _____

4 Grammar – Present Perfect and Past Simple

A. Choose the correct tense.

1. She _____ (overcome) many challenges.
2. Last year, they _____ (climb) a dangerous mountain.
3. The little girl _____ (learn) to walk.

B. Complete with FOR or SINCE.

5 Describe, interpret and express your opinion

A. Look at the pictures. Describe one and answer:

- What are the people doing?
- What difficulties might they face?
- What is the message?
- What's your opinion?

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1. She has been courageous _____ a long time.
2. They have climbed mountains _____ years.

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