

**[1] Before We Start...**

What makes people petty?

**[2] Definitions:**

redefine

accomplishment

strenuous physical exertion

authentic

virtuous

fall into place

in tune with

abundance

gratitude

knows no bounds

intention

obstacle

keep you from / hold you back

petty

narrow-minded

ego

trivial

a lasting contribution

**[3] Watch the presentation****[4] Read the text**

## REDEFINING EFFORT

What's the secret to accomplishment and success? Many people will say that a big part is "effort". What image do you hold of effort? Effort doesn't have to involve strenuous physical and mental exertion. Effort can be effortless! It can be painless when the motivation to do something is authentic and fulfills a virtuous purpose. Things just fall into place when you are in tune with the real "you".

Worry, panic and fear melts away when you understand that the things that are truly important can never be taken away. Know that the world is filled with abundance and when we live our lives in gratitude, our creativity knows no bounds.

When you are filled with true loving intentions, obstacles hold little power. Look deeply inside of you and know who you are and what brings you joy. Nothing can keep you from moving forward if you are living a life that is true to you.

There is beauty inside of you. If you find yourself letting unimportant things bother you, then stop it! Pettiness closes the door to the limitless possibilities just waiting for you. The world does not need narrow-mindedness. You have the power to positively change everything if you're able to move away from any ego that tries to pull you towards trivial concerns.

Give your life intention and meaning. When you do so, things will flow in a way that will allow you to make a lasting contribution of great value. Express yourself in a way that is true to you, and your words and actions will open up worlds.

Don't let obstacles and fear get in your way and hold you back. Connect with your deepest purpose because if you start from there, your work will be effortless.

**Think about:** When you're in tune with the real you, effort doesn't have to be difficult effort.

**[5] Circle the correct word:**

- Things just fall into place when you are [ *in / out of* ] tune with the real “you”.
- [ *Everything / Nothing* ] can keep you from moving forward if you are living a life that is true to you.

Pettiness [ *opens / closes* ] the door to the limitless possibilities just waiting for you.

- Don't let obstacles and fear get in your way and [ *push you forward / hold you back* ].

**[6] Finish the phrases:**

fulfills a virtuous \_\_\_\_\_  
 fear melts \_\_\_\_\_  
 things can never be taken \_\_\_\_\_  
 our creativity knows no \_\_\_\_\_  
 look deep inside of \_\_\_\_\_  
 keep you from moving \_\_\_\_\_  
 when you do \_\_\_\_\_

*HINTS: away you bounds purpose so away forward*

**[7] Listen and fill in the blanks:**

When you are \_\_\_\_\_ true loving \_\_\_\_\_,  
 obstacles hold little power. \_\_\_\_\_ inside of you and  
 know who you are and what \_\_\_\_\_. Nothing an  
 keep you from moving forward if you are \_\_\_\_\_  
 that is true to you. Give your life intention and \_\_\_\_\_. When you do  
 so, things will \_\_\_\_\_ in a way that will \_\_\_\_\_ to  
 make a lasting \_\_\_\_\_ of great \_\_\_\_\_.

