

[1] Before We Start...

"Life is a journey, not a destination." --Ralph Waldo Emerson

[2] Definitions:

enjoy the journey

all you can do

pulled along

circumstances beyond ~ control

jurisdiction

occur

wage war

engrossed

drowned

robs

constructive

consumed by the past

ended up

onwards

rocky

swift

as much as, if not more important than

destination

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

THE JOURNEY

Take it easy, relax, and enjoy the journey. There are times when you can control things, and there are times when all you can do is to be pulled along by circumstances beyond your control. Even if you cannot control the situation, there are a few things that you do have jurisdiction over and that is that you can always control how you feel about what has occurred. You can control how to respond, and you have control over how to move forward, to the next phase.

Try not to wage war against events, or the opposite, to become completely engrossed by them. Fighting or being drowned by happenings robs you of your power to do anything constructive. Instead, search for ways to use what has happened in a creative, productive way. You gain much more by looking ahead than by being consumed by the past. Stop thinking so much about how you ended up where you are. Focus on where to go from this point onwards.

Sure, the road ahead will sometimes be rocky and slow. But on some days it will be smooth and swift. Either way, the path to tomorrow will be full of learning opportunities. Look for meaning, purpose, joy and fulfillment along the way.

No matter where we are, there are new situations awaiting us all the time. Genuinely smile and see where it leads. The journey is important as much as if not more than, the destination itself. Appreciate the journey and it will lead you to a joyous place if you can learn to enjoy it.

Think about: If you can't change the situation, change yourself and enjoy the journey.

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Make 2 original sentences from the pattern below. (Original sentence is from the last paragraph of today's topic, "*The journey is important as much as if not more than the destination itself.*")

- ~ as much as if not more than ~ .

→ For happiness, attitude is important as much as if not more than how much money you have.

→

→

2. Complete the white boxes below:

Situation	Enjoy the journey!
I missed the express train!	I'll get to sit down on the slow train. If I am sitting down, I can study my class notes.
I failed to enter my first-choice university.	

3. Give an example of someone waging war against events, OR the opposite, to become completely engrossed by them. (Write two things!)

STUDENT NAMES & CLASS NUMBERS: