EXTENDED WRITING: MOTIVATION

B2 | Adults / Teens | Discussion Writing | 20–30 minutes | Set 2

Write developed answers. Support your ideas with reasons, examples, or a personal experience.

1. What motivates you in life?

2. How can you help someone who has no motivation?

3. Whose life do you find inspiring, and why?

4. How often do you exercise, and what motivates you to do it?

5. What is your main motivation for studying English?

6. Have you read any books about motivation or personal development?

7. Do you think anyone can achieve anything if they work hard enough?

8. What is more effective for motivation: reward or punishment?

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Possible B2 answers: Notice how each response gives a clear idea and support.

1. What motivates you in life?

Example: I am motivated by the feeling that I am making gradual progress towards a meaningful goal. Supportive relationships also make it easier to continue when work is difficult.

2. How can you help someone who has no motivation?

Example: I would help by listening without judging, helping the person set a small realistic goal and recognising progress. Telling someone simply to work harder is rarely useful.

3. Whose life do you find inspiring, and why?

Example: My grandmother inspires me because she learned to read as an adult while raising a family. Her patience reminds me that it's never too late to learn.

4. How often do you exercise, and what motivates you to do it?

Example: I exercise several times a week because it improves my mood and energy levels. I am more likely to continue when the activity is enjoyable and fits my routine.

5. What is your main motivation for studying English?

Example: I study English because it allows me to communicate with more people and access information, work opportunities and culture that would otherwise be unavailable.

6. Have you read any books about motivation or personal development?

Example: I have read some personal-development books. The most useful ones focus on practical habits and realistic planning rather than promising instant success.

7. Do you think anyone can achieve anything if they work hard enough?

Example: Hard work is important, but it is not the only factor. Opportunity, health, financial support and luck can also affect what a person is able to achieve.

8. What is more effective for motivation: reward or punishment?

Example: Rewards can encourage people at the beginning, but long-term motivation usually comes from interest, purpose and a sense of competence. Punishment often creates anxiety.