EXTENDED WRITING: ENCOURAGEMENT

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

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

1. How do you maintain motivation during difficult times?

2. Do you read self-help books? Which do you find useful?

3. Who inspires you, and why?

4. How can adults encourage children to pursue goals?

5. What makes you lose motivation?

6. What is a major challenge you have overcome?

7. Have you ever felt hopeless? What helped?

8. What are your future aims, and how will you achieve them?

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

1. How do you maintain motivation during difficult times?

Example: When a task feels overwhelming, I choose one small step I can finish that day. Completing it gives me a reason to continue, even if the bigger goal still seems distant.

2. Do you read self-help books? Which do you find useful?

Example: I don't usually read self-help books. I find practical guides with exercises more useful than general promises, because I want something I can try in my daily routine.

3. Who inspires you, and why?

Example: My older sister inspires me because she returned to college after years away. Watching her study after work reminds me that changing direction is difficult but possible.

4. How can adults encourage children to pursue goals?

Example: Adults can listen to what children want and help them choose manageable steps. If a child wants to learn guitar, praising regular practice may help more than demanding perfect performances.

5. What makes you lose motivation?

Example: I lose motivation when I work hard without knowing what I'm trying to achieve. Clear priorities help me, whereas constant changes make even simple tasks feel pointless.

6. What is a major challenge you have overcome?

Example: A major challenge was speaking English at work for the first time. I practised useful phrases with a colleague, and gradually became confident enough to answer customers without rehearsing everything.

7. Have you ever felt hopeless? What helped?

Example: Yes, I felt hopeless after several unsuccessful job applications. Talking to a friend helped me see what I could improve, and practising interviews gave me a practical way forward.

8. What are your future aims, and how will you achieve them?

Example: I'd like to qualify as a graphic designer. I'll build a portfolio, take an evening course and ask for feedback, rather than waiting until I feel completely ready.