



**SESSION 1**

**INTRODUCING YOURSELF**

- ▶ My name is .....(but everyone calls me.....)
- ▶ What I like most about myself is.....
- ▶ People say I'm good at..... and they 're **right /wrong** (choose one)
- ▶ I have never ..... But i'd love to.
- ▶ (A message to the teacher). This year I'd like you to.....
- ▶ The last time I got angry was ..... when.....
- ▶ In 20 years' time I will have..... And I will be.....
- ▶ I'll try to improve my English this year by .....
- ▶ As I care about my personal image I .....( say what you did last to look nice)
- ▶ I have the reputation for..... and I think I deserve it /I don't deserve it
- ▶ My epitaph : “ .....”

**TALK ABOUT YOURSELF**

How do you see yourself? Can you describe the positive and negative characteristics of your personality?. How do other people see you? Tell me three things you would like to change about yourself. What are you most proud of? Talk about one thing you were successful in and you remember enthusiastically. Are you the sort of traditional person or the other way round? Who is the person you admire the most? Why?. How has your life changed in the last ten years? Say some of the things you used to do in the last few years and you don't do it now. Do you show yourself to the other as you really are?. Do you speak naturally and openly about the things you are ashamed of?. Do you consider yourself a rational or emotional human being?

**THERE ARE ONLY TWO THINGS IN THIS WORLD**

There are only two things in this world to worry about,  
Are you going to be rich? Or are you going to be poor?

If you are going to be rich you won't have anything to worry about.  
If you are going to be poor, you only have two things to worry about.  
Are you going to be healthy? Or are you going to be sick?

If you are going to be healthy, you have nothing to worry about.  
If you are going to be sick, you only have two things to worry about,  
Are you going to live? Or are you going to die?

If you live you have nothing to worry about.  
If you die you will have two things to worry about.  
Are you going to go up? Or are you going to go down?  
If you go up you have nothing to worry about.

If you go down, you will have nothing to worry about,  
Because all your friends will be there to meet you.

