



# Topic

## Conversation for Advanced

### Lesson 1 Developing Oneself



**“Human beings are not born once and for all on the day their mothers give birth to them, but life obliges them over and over again to give birth to themselves.”**

How do life experiences help people develop?



## Target Language

Introduce the learning goals to the student.

In this lesson, we will learn to talk about **developing oneself**:

- read a passage about developing oneself;
- learn words and expressions about how one can develop oneself;
- share your experience on achieving self-actualization.

### Key words:

1. inborn
2. circumstances
3. determination
4. facets
5. domains
6. individuality
7. modes
8. obstacles
9. overcome
10. essential

## Reading

Read the passage and pay attention to the key words.

Everyone has **inborn** talents and skills which are further enhanced and developed by everyday **circumstances** and experiences. However, being a better version of ourselves

is a struggle, especially if we lack the will and **determination**. One can only develop oneself if he desires it. No one can force you to do it; you and only you can.



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*Comprehension Check:*

- 1. How are inborn talents enhanced and developed?*
- 2. How can an individual develop oneself?*

## Reading

Read the passage and pay attention to the key words.

There are a lot of **facets** one must consider in developing himself. The physical, intellectual, emotional, social, and spiritual aspects are the main **domains** that complete one's **individuality**. A person may engage in several different **modes** for him to attain personal growth and development.

In addition, one should go through several **obstacles** or challenges along the way to develop oneself. One should be able to **overcome** these challenges successfully. This is one of the **essential** things that need to happen in developing oneself. The more challenges you go through, the more experiences you gain, the better you become.

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### *Comprehension Check:*

- 3. What are the five facets one must consider in self-development?*
- 4. What does a person have to go through in order to develop?*



## Respond to Reading

Complete the task.

Read each situation and identify which aspect of self development it belongs to.

physical

emotional

social

mental

spiritual

- \_\_\_\_\_ 1. Mike shuts himself off from his friends when he is lonely.
- \_\_\_\_\_ 2. Teenagers nowadays prefer interacting with friends online than in person.
- \_\_\_\_\_ 3. To meditate, one must take his mind off of his worldly desires.
- \_\_\_\_\_ 4. Dave engages himself in positive self-talk when his confidence is down.
- \_\_\_\_\_ 5. Jackie spends 30 minutes a day dancing to Zumba videos on YouTube.

## Free Talk

Answer the questions below.



- Use the chart to talk about how one can achieve self-actualization.
- How can an individual develop (1) physically, (2) mentally, (3) socially, (4) emotionally, and (5) spiritually?
- What helps you develop into a better version of yourself?



## Summary

Make a summary of the topic you have learned today.

Everyone has inborn talents which are enhanced by life's circumstances. To develop them further, one has to consider the following facets: physical, mental, social, emotional, and spiritual. Along with this, a person must overcome obstacles successfully as no one can help him develop into a better version of himself but him.

Talk about why we need to develop ourselves.

You may use some of the words you've learned today.

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|------------------|------------------|
| 1. inborn        | 6. individuality |
| 2. circumstance  | 7. modes         |
| 3. determination | 8. obstacles     |
| 4. facet         | 9. overcome      |
| 5. domain        | 10. essential    |

*Your opinion...*

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