



## Quotes of the day

- 1) Discipline is everything. – Anthony Robbins
- 2) Discipline is the bridge between goals and accomplishment. – Jim Rohn
- 3) Discipline is built by consistently performing small acts of courage.  
– Robin Sharma

## MODULE 10

<b>(1) PRONUNCIATION</b>	<b>Sound of /kə/</b> - connect /kə'nekt/ - collaborate /kə'læbəreɪt/ - continue /kən'tɪnjuː/ - control /kən'trəʊl/ - courageous /kə'reɪdʒəs/ - contribute /kən'trɪbjʊːt/ - consistent /kən'sɪstənt/ - contented /kən'tentɪd/
<b>(2) ARTICULATION</b>	_____ or _____  _____ or _____
<b>(3) COMMUNICATION</b>	<b>Love Yourself</b>
Social English (SE)	How to say "I like...". How to respond.
Expressing Emotions (EE)	Expressing Satisfaction. (I am contented. /kən'tentɪd/)
Corporate English (CE)	Providing Feedback – Positive / Praise



## ACTION PLAN

\*Refer to the lesson in **Expressing Emotions**

- 1) In your **Gratitude Journal**, write 3 things that you are satisfied or contented.
- 2) Write 3 things that you are grateful for today.
- 3) Share your Gratitude.

## SONGS & RESOURCES

That's the way I like it – KC & the Sunshine Band

[https://www.youtube.com/watch?v=O0\\_H3F84Yjk](https://www.youtube.com/watch?v=O0_H3F84Yjk)

Discipline is Everything – Anthony Robbins

<https://www.youtube.com/watch?v=DY52wr2ojkY>

**COMMUNICATION : Social English****Part 1:****How to say "I like it"****1) Using "I like..."**

→ I like it.

→ I like what you did to have \_\_\_\_\_.

→ I like how you have \_\_\_\_\_.

**2) Using "I'm interested / I'm keen..."**

→ I'm interested to know how I can \_\_\_\_\_.

→ I'm keen to work on \_\_\_\_\_s.

→ I'm keen on \_\_\_\_\_.

**3) Using "I'm into ..."**

→ I'm into \_\_\_\_\_ arts. (kung fu)

→ I'm into \_\_\_\_\_.

→ I'm into \_\_\_\_\_.

→ I'm into \_\_\_\_\_ **self-discipline.**

**Part 2****How to Respond**

→ Oh! Me too!

→ I like it too.

→ We seem to share the same interest. Count me in the next time.

→ I like that too. Let's do it together one day.

→ Oh, I would like to learn more from you.

→ That is what I lack of. I need to learn from you how to be **more disciplined.**



## COMMUNICATION : Expressing Emotions

### Part 1 : Expressing Satisfaction

Vocabulary	Application (Sentences)
1) <b>satisfy</b> (verb) : make yourself or another person happy or pleased.	→ I am the only person who can satisfy my own needs.
2) <b>satisfied</b> (adjective) : a happy feeling that you have achieved something that you want.	→ I am satisfied with my daily <b>discipline</b> that I have been doing <b>consistently</b> .
3) <b>satisfaction</b> (noun) : the result of a happy feeling as of an achievement.	→ I managed to <b>be disciplined</b> to complete the tasks. That really brings a lot of satisfactions.
4) <b>contented</b> (adjective) : happy and satisfied	→ I have everything in life. I am contented.
5) <b>blessed</b> (adjective) : happy and grateful	→ I am blessed to have healthy parents.

### Part 2 : I am blessed...

I am satisfied / contented with my life.

I am blessed to have ...

I count my blessing to have ...

Areas in Life	
<b>Health</b>	good health; healthy body; good stamina; regular exercise; good sleep
<b>People</b>	a wonderful family; supportive family members; loving spouse; great friends; sincere people; like-minded people
<b>Work</b>	an awesome team;

### ACTION PLAN

- 1) In your *Gratitude Journal*, write **3 things that you are satisfied or contented**.
- 2) Write 3 things that you are grateful for today.
- 3) Share your Gratitude.

**COMMUNICATION : Corporate English****Part 1:****How to Give a Positive Feedback****1) Using “I like how...”**

→ I like how you \_\_\_\_\_.

→ I like how you \_\_\_\_\_.

→ I like how you \_\_\_\_\_.

**2) Using “I admire how...”**

→ I admire how you \_\_\_\_\_.

→ Even though it was quite a challenging situation, I admire how you \_\_\_\_\_ stick to the point.

→ I admire how you \_\_\_\_\_ with the audience.

**3) Using “It was ...”**

→ It was awesome! I wish \_\_\_\_\_ like how you did.

→ The presentation was \_\_\_\_\_. Keep up the good work!

→ It was a wonderful presentation. Everyone has given positive feedback about it.

**Part 2****Receive - How to Respond to a Positive Feedback**

→ I'm glad you think so.

→ Thank you. It is really nice to hear that.

→ Thank you. I'm very glad that you like it.

→ Thank you for the positive feedback.