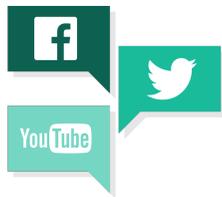


Weekly English Practice

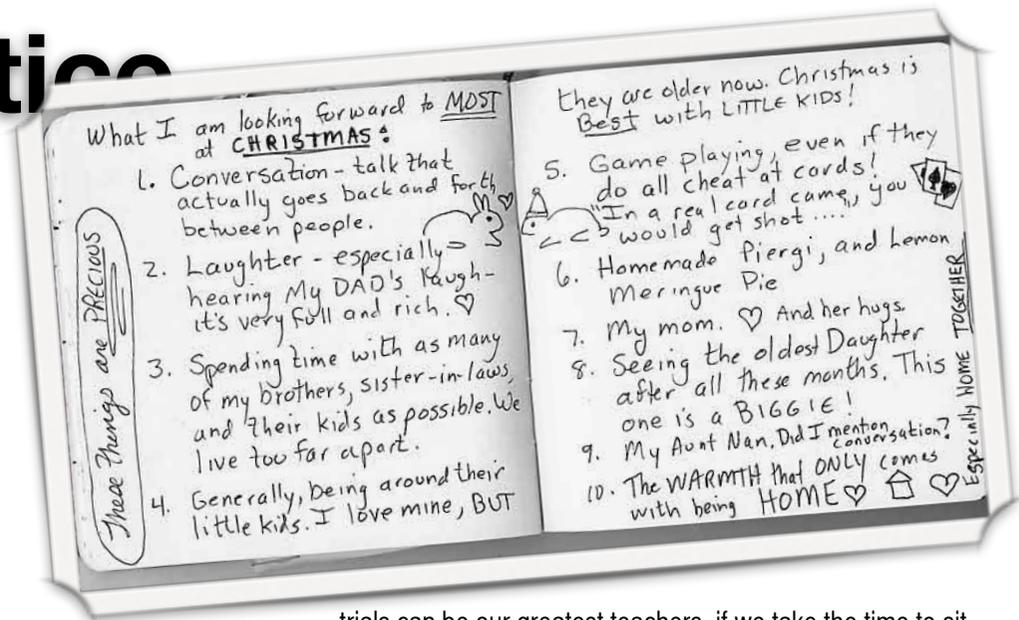


18th December 2014
English Coaching Projects

"I once bought my kids a set of batteries for Christmas with a note on it saying: Toys not included." Bernard Manning (English comedian)

YOUR PERSONAL 2014 REVIEW LIST

SEE 10 AMAZING
XMAS FACTS ON
PAGE 2



5 Lists to Make Before the End of This Year

mixed bag: something composed of diverse elements, characteristics, people, etc

roller coaster: a small railroad, esp. in an amusement park, with open cars that moves along high, sharply winding tracks

fluttered: rapid heart beat esp when someone is in love

to grab: to take something quickly or opportunistically

unavoidable: not possible to prevent or ignore

to sift: to filter, separate, organise

to acknowledge: to express gratitude for something

Time flies doesn't it? Hard to believe it's December already. It's a nostalgic **mixed bag** for many — a **roller coaster** of highs and lows. Some succeeded in work, others failed, some hearts **fluttered**, others broke. Families joyfully said hello to little additions, and tearfully bid farewell to loved ones passing.

It's a time when reflection and contemplation is **unavoidable**. Coming to the end of anything causes us to look back on the journey. But it can be a powerfully therapeutic practice if we're intentional. We're the sum total of our experiences — reflection allows us to **sift** the good from the bad, to be thankful, and to grow and transform.

As you **grab** a glass of wine and some chocolate, here are five lists to make and reflect upon:

1. A "People" List

New friends and old — networking connections that turned out to be so much more. Think through the people who really impacted your life this year, those who encouraged you, those who believed in you, those who gave you a massive break — **acknowledge** them. Once you have your list, let them know how thankful you are, take them out for lunch, send a card, an email, write a letter or make a phone call.

As we reflect on how others have poured into our lives, we'll think of ways we can pay it forward.

2. A "Personal Achievement" List

Whether it's professionally, spiritually, physically, intellectually, or relationally, write down the ways you've succeeded in these areas. Perhaps a promotion at work, or finally breaking free from your job; becoming more committed to your beliefs; increasing your fitness levels; spending more time with your partner.

You'll be surprised at how much you were able to accomplish in one year. It's healthy to give yourself a pat on the back, and it'll be fuel and motivation to progress in your goals.

3. A "Mistakes And Lessons Learned" List.

The only failure is in failing to learn from the experience. Everyone's a little bruised and battered from falling flat on our faces throughout the year. Make a list of mistakes for the sole purpose of drawing a valuable lesson from each one. Our

trials can be our greatest teachers, if we take the time to sit and listen.

4. A "Laughter" List.

Humour is incredibly healthy. Laughter is not only a unique human experience, but something we can never have too much of. No doubt there were plenty of incidences that would've gone viral had you caught them on camera. At least you can put them on paper. This will be a difficult list to put together as you'll keep interrupting yourself with a good ol' belly laugh.

More than just releasing happy chemicals, it'll remind you not to take life, or yourselves too seriously.

5. A "Contribution" List.

This list is typically the most difficult to put together, because it often uncovers the extent of our selfishness. But, no pain no gain right? Make a list of ways that you've given without any expectation of return: a random act of kindness, a generous donation, or helping someone out at work.

The good news is, the year isn't over yet, and this is one list we all want to grow.

Adapted from Huffington Post:

http://www.huffingtonpost.com/thai-nguyen/5-essential-lists-to-make_b_6289388.html



“iLook, iThink, iSpeak” Express yourself better!



10 AMAZING XMAS (CHRISTMAS) FACTS



Talk to your coach and classmates about these random Christmas facts

1. *DESPITE* the tale of three wise men paying homage to baby Jesus, the Bible never gives a number. Matthew's Gospel refers to merely "wise men".
2. **NEARLY 60 million Christmas trees are grown each year in Europe.**
3. *THE* abbreviation Xmas isn't irreligious. The letter X is a Greek abbreviation for Christ.
4. **MANY theologians estimate that Jesus wasn't born on December 25 but sometime in September between 6BC and 30AD.**
5. *RUDOLPH* the red-nosed reindeer was invented for a US firm's Christmas promotion in 1938.
6. **The British wear paper crowns while they eat Christmas dinner. The crowns are stored in a tube called a "Christmas cracker."**
7. *THERE* are 13 Santas in Iceland, each leaving a gift for children. They come down from the mountain one by one, starting on December 12 and have names like Spoon Licker, Door Sniffer and Meat Hook.
8. **US scientists calculated that Santa would have to visit 822 homes a second to deliver all the world's presents on Christmas Eve, travelling at 650 miles a second.**



ENGLISH COACHING PROJECTS

9. *HANGING* stockings out comes from the Dutch custom of leaving shoes packed with food for St Nicholas's donkeys. He would leave small gifts in return.

10. **THERE** is no reference to angels singing anywhere in the Bible.

“Something to chat about”

- Who did you make friends with this year? Are there any old friends you should get in touch with again?
- What were your personal achievements this year? What are you proud of?
- Did you make any mistakes in 2014 which you need to correct in 2015?
- How much did you laugh this year? What did you laugh at?
- How have you helped people this year? Have you done something for nothing?

Your WEEKLY ENGLISH PRACTICE will return on January 15th. See in 2015!

