



"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?



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 selfactualization.

Key words:

1. inborn

6. individuality

2. circumstances 7. modes

3. determination 8. obstacles

4. facets

9. overcome

5. domains

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.

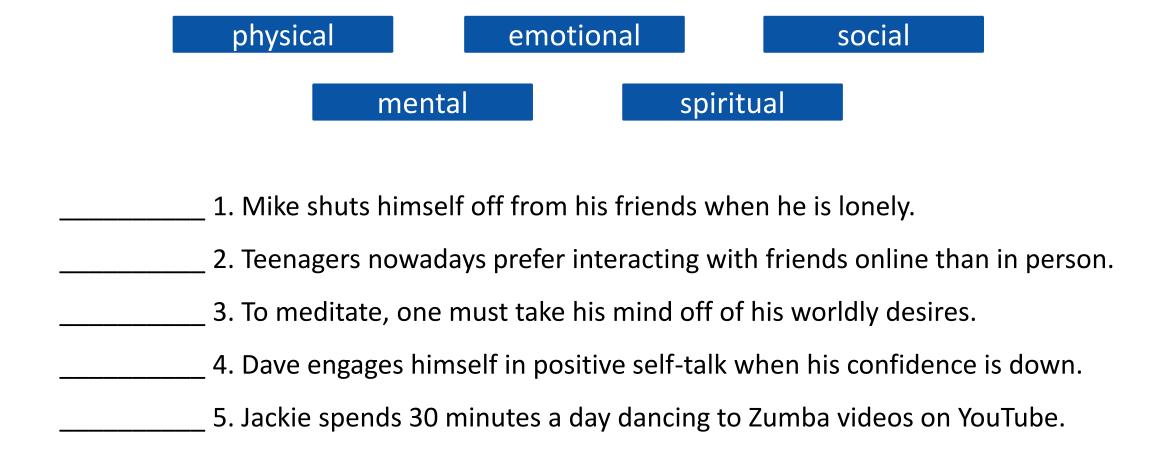
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Comprehension Check:

- 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.



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?

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.
- 1. inborn
- 2. circumstance
- 3. determination
- 4. facet
- 5. domain

- 6. individuality
- 7. modes
- 8. obstacles
- 9. overcome
- 10. essential

Your opinion...