

9

Staying Positive

Vocabulary

1. positive - completely certain; believing that good things will happen or that a situation will get better 明確な、前向き
2. develop - to become bigger or more successful; to grow 発展させる、成長させる
3. sting - to make someone feel angry and upset 刺す、人を怒らせる
4. knocked-down - to destroy or to put down 破壊される、倒される
5. overcome - to succeed in dealing with a problem 問題を解決する
6. mind-set - way of thinking, an attitude of thinking 考え方、思考態度

Dialogue

The ability to stay **positive** is one of the most important skills an individual can **develop** because we will spend most of our lives setting and trying to achieve goals. The problem is that life is tough. Sometimes the truth can **sting** a bit but it's also necessary to know. If you want to achieve greatness, if you want to experience the best life possible, then be prepared to get **knocked-down** over and over. Staying **positive** during situations like this, is not easy. No matter how hard the problem is, always find the good in it. Knowing how to be **positive** can help you overcome a lot of challenges that causes many others to fail. To stay **positive** you can do things like reading **positive** books or listening to songs with positive lyrics. Being able to stay positive is a **mind-set** and a habit that you can **develop**. Instead of thinking, "Why me", we should learn to accept that fact. Once you do, staying **positive** in the face of great challenges will be a whole lot easier.

Questions

1. Why is it important to develop a positive attitude?
2. What are some things you can do to stay positive when you are facing a problem?
3. What can a positive attitude do to an individual faced in a problem?



Fill in the blanks.

develop positive overcome knocked-down mind-set sting

1. I can _____ all the challenges as long as I stay positive.
2. I got a nasty _____ from a bee.
3. She is _____ that she will pass her examinations.
4. Broccoli needs full sun to _____, even in desert climates.
5. I saw the man _____ and the driver driving away.
6. In order to get the best out of a book we need to approach it with the right _____.

About Yourself

1. Do you have a positive attitude?
2. How do you maintain to have a positive attitude?
3. Have you ever faced a big problem? What is it?
4. Do you share problems with your family or friends?
5. Have you ever felt like giving up on your dreams? Why?