**Script: Get Back on Track**

**Lesson Goal:**

* Today we will discuss how the path to a goal varies and how to find motivation to stick with a habit.
* You will learn the principle of "getting back on track."

**Staś’s Story:** Staś is not the best student, but he has one passion – he loves English. He enjoys learning it, knows many words from songs, games, and TV shows. He is the best in his class, maybe even in the school. Recently, Ms. Magda, his English teacher and homeroom teacher, suggested that he participate in an English language competition. Staś enthusiastically started working: he divided the material into 60 parts (as there were 60 days left until the competition) and began preparing. By Wednesday, he was studying English every day, but on Thursday, a friend invited him for a bike ride, so he didn't do any studying. "It's okay," he thought, "I'll do twice as much tomorrow and catch up." On Friday, he felt a bit tired, so he decided to play on the computer for an hour for fun, not even noticing when midnight passed and it was time to go to sleep. Saturday had beautiful weather, so he went skateboarding, thinking he had all Sunday to catch up. But when he saw how much he had to do on Sunday, he shrugged it off, thinking he couldn't manage it all anyway. As a result, he didn't participate in the competition at all, thinking, "Why bother? I don't have a chance."

**Side Paths:** Imagine walking down a path through a forest. Suddenly, something interesting by the roadside catches your attention, and you step off the path, venturing into the forest. You can still see the main path and could return, but there are more berries further on, and after a while, you forget about your path. After half an hour, you stand up and look around. You don’t know where you are, and it’s hard to find the main path. This happens in life. Don’t let one bad choice lead to another and another, eventually pulling you away from what you want to achieve.

**Prepare for Setbacks:** Okay, it happens to all of us – eating a cookie when we shouldn’t, copying homework in the morning because we didn’t want to do it the day before – there's no point in dwelling on it. The question is: what can you do if you planned something and then didn’t keep your word to yourself?

**Prepare for the Worst:** We will definitely have weaker moments – sometimes our motivation drops, and we have a bad day or feel unwell. What can help us stick to a new habit when things go wrong?

**Downhill:** Imagine pushing a bicycle up a low hill. It’s a bit tough, right? It’s always like this when we have to start something: sitting down to study, beginning a workout. But also think about the fact that soon, at the top of the hill, you will get on the bike and won’t even have to pedal – the bike will go on its own. Give yourself a moment to start something, even if it’s difficult at first. You’ll see that after a while, it will be "downhill."

**3 Golden Rules:**

* The 3-Minute Rule
* The Rule of Getting Back on Track
* The Rule of a Fresh Start

**The 3-Minute Rule:** If you really don’t feel like it – spend just 3 minutes to start – there’s a good chance you’ll get into it. For example: you should study math, but instead, you’re sitting with your phone in hand, watching cat videos. Set your phone for 3 minutes and see what you can do in 3 minutes. Maybe open your book and notebook, take out your math tools, write a formula and... it will go downhill from there.

**The Rule of Getting Back on Track:** Don’t look back. Missed yesterday? Never mind. Imagine that last night reset what was. It’s a fresh start. Move forward and don’t look back. They say that if you’re not looking back, it means you’re on the right track. Many people focus on what didn’t go right and waste energy on what they can’t change, ruminating, thinking about what they could have done better: this way of acting is called RUMINATION and leads nowhere. On the contrary, it weakens us and causes us to lose the drive to act. Therefore, if you’ve strayed from the path you wanted to follow, get back on it as quickly as possible before you get lost.

**The Rule of a Fresh Start:** Many people have trouble with the fact that yesterday or a month ago something didn’t work out as planned and fear that today will be the same. In the well-known comedy “Groundhog Day,” the protagonist is condemned to relive the same day over and over. Every day he wakes up in the same Tuesday at the same time. The film is a comedy but talks about something very important. We have today to live – what was yesterday is the past – and we have no control over it, just as we have no control over what will happen tomorrow. The fact that something didn’t work out yesterday doesn’t mean today will be the same. Today is a new day, a fresh start.

**And One Magic Trick... 1, 2, 3:** Finally, I have a magic trick for you. Imagine you have trouble getting up in the morning. Usually, when the alarm rings, you roll over in bed and then are late for the first lesson. Next time, lying in bed, say the magic formula: “one, two, three and...” – jump out of bed. Sounds childish? It really works. Try it! One, two, three... and!