

**[1] Before We Start...**

What are some things that people can *let go* of?

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**[2] Definitions:**

clock cannot be turned back

not matter how hard

be at peace

righteousness

put forth

lose sleep

present moment

invest

countless

just waiting for

influential

bear fruit

have value

resentment

**[3] Watch the presentation****[4] Read the text**

## LET GO AND BE YOUR BEST

What is finished is finished. The clock cannot be turned back no matter how hard anybody tries, so why not choose to be at peace with what has been? If you can accept this, then you'll be able to focus your thoughts and energy into creating the best of what is possible.

Release that need you may have of showing the world that you are correct--that feeling of righteousness inside of you. Instead, collect what's in your mind and heart and put forth effort on being that wonderful person that you really are.

Stop losing sleep, feeling stress, or being worried about things that might or might not happen. Stop thinking about what other people may or may not think about you. Bring yourself into this real and present moment, and invest in positive actions that you can take right here and right now to make a positive difference!

If there is nothing that you can do about something, you don't need to think about it. Let it go! Life is too short and too important to waste even a single moment on such things. There are so many other things that you can do instead. Yes, countless different actions and thoughts are just waiting for you, and these things are influential. These positive things will make a different reality.

Do things that bear fruit. Spend your precious time and energy doing things that have value and meaning for you and for the world.

Experience love and not fear, joy instead of worry. Put your attention on possibilities and not resentments. Keep imagining life at its best, and the best will come to you.

**Think about:** If you really want to let go, you can.

**[5] Word search - Find collocates, other meanings, information, synonyms... for the words 'present' and 'value'.**

present	value
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**[6] Finish the phrases:**

what is finished is \_\_\_\_\_  
 in your mind and \_\_\_\_\_  
 things that might or might not \_\_\_\_\_  
 what other people may or may not think about \_\_\_\_\_  
 right here and \_\_\_\_\_  
 for you and for the \_\_\_\_\_  
 experience love, not \_\_\_\_\_

*HINTS: heart now happen world finished fear you*

**[7] Listen and fill in the blanks:**

If \_\_\_\_\_ is nothing that you can \_\_\_\_\_ something, you  
 don't need to think about it. \_\_\_\_\_! Life is \_\_\_\_\_ short and  
 \_\_\_\_\_ important to \_\_\_\_\_ even a single moment on such things. There  
 are so many other things that you can \_\_\_\_\_.

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. What does "be your best" mean? Write a good definition with original examples.

2. Think of another English word or phrase for each:

turn the clock back:

be at peace:

focus your thoughts:

create:

present moment:

waste:

bear fruit:

precious:

3. Write examples of some things that you would like to let go. Is it possible to let go of each of them? Write answers.

**STUDENT NAMES & CLASS NUMBERS:**