ARE YOU NATO?



EAE Learning objectives for this lesson

Listening and reading comprehension. Practice explaining processes and results using short sentences, linking words, intonation and stress.

Activity One

1. Would you describe yourself as being results oriented?
2. What does this mean to you?
3. Do you have trouble being 'in the moment' or 'present' and enjoying the simple things?
4. Would you say that you enjoy the act of doing something, or does it all depend of the outcome?
5. How do you define success?
6. Are you familiar with the acronym - NATO - Not attached to outcome?

Activity Two - **Explaining a process and an outcome in English.**

When explaining a process you used in your work, and describing the outcome, it's important to be very structured and clear. In order to sound clear you should use intonation and stress when speaking. In order to structure what you are saying so that it's easy to understand, even when the process is complex, you need to use linking words. You should also avoid long sentences, and use pitch to show the beginning and end of each sentence.

Here are some structures you could use:

Sequence - beginning middle end

- First of all
- Secondly
- Furthermore
- In conclusion

Problem /solution/Objectives

- It seemed that
- Essentially
- One way of dealing with this was...
- We aimed to
- Basically this meant that
- For this reason we…
- In the end…

Introduce/points/ conclusion.

- In order to explain...
- I'd like to talk about three points
- First of all
- Secondly
- Finally
- In conclusion

Fact /consequence/conclusion

- The fact is that...
- This means that...
- Therefore...
- So, to sum up



Activity Three **Reading Comprehension** - text from the Huff Post website:

How to Focus on the Process Instead of the Outcome

By Margaret Paul, Ph.D.

Are you stuck, unable to move forward with something you say you want to do? Do you hold back giving your all to whatever you are doing?

"If people knew how hard I worked to gain my mastery, it wouldn't seem so wonderful."
—Michelangelo

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."
—Vince Lombardi

Does doing your very best bring you joy? Do you generally put forth your best effort, or is there something in the way of striving for excellence?

When we watch most small children learning to walk, they are very diligent about it. The fact that they fall over and over doesn't seem to faze them at all. But what would happen if, every time the child fell, the parent became angry and yelled at them for falling down, shaming them for failing? It is likely that the child would become fearful of trying to walk, and their walking would be greatly delayed.I've never seen a parent do this to a child, but I have seen many people do it to themselves.

Think about what you say to yourself when you think about doing something new — like going back to school to change careers, learning to fly, moving to a new city or contemplating marriage.

Is this you?
What if I fail?
What if I make a fool of myself?
What will people think of me if I don't do well?
Or is this you?
How exciting — a new challenge!
I'm going to enjoy putting my all into this!
I just love trying new things and learning new things!
There is one huge difference between these two: The first is abo d the second is about the process.



When you are focused on the outcome and you attach your worth to the outcome, you will find yourself very resistant to trying new things and putting forth your best effort. When you define your worth by your performance rather than your effort, you stop yourself dead at the starting gate.

When your sense of worth is attached to the effort you make and putting forth your very best, then the process itself becomes exciting and rewarding, regardless of the outcome. In fact, people who define themselves through effort rather than outcomes do not think much about the outcome. While they have goals, and they certainly want to achieve their goals, they are not focused in the future on the goal. Instead, they are in the present moment, putting forth full effort in their desire to be all they can be.

If you find yourself stuck or blocked in your life in any area, look inside to see if your focus is on the outcome and on what people think of you, or if you are focused in the present moment, fully engaged in the process. Notice if you are telling yourself that your worth and intelligence are attached to outcomes and to what people think of you, or to fully expressing and manifesting your gifts and talents.

If you have never put forth full effort for fear of failure, you have no idea how deeply fulfilling it is to give your all to something. People who fear failure are afraid to give their all, because then if they fail, they can always say, "Well, I didn't put in my all." People who give their all and fail say, "I learned so much from this experience that will serve me well the next time."

We did not come to this planet to protect against failure. We came to fully and joyfully manifest ourselves, offering our love, gifts and talents to each other and the planet. Today, why not devote yourself to effort and excellence?

1. What points are made in the text to prove that focussing on the outcome too much can be negative?
2. What points are made to prove that it's the effort which counts, or the process, not the outcome?
3. Did you relate to this text?
4. Do you agree that focussing on the outcome is not everything?

Activity Four - **Oral Presentation** - Explain two processes or efforts you made at work, or in your life, step by step using the linking words from activity two. Explain one where you were satisfied by the outcome, and one where you were not. Say if the effort in itself was a satisfying process or not for you. (Please prepare at home using short sentences and linking words and pay attention to your intonation and stress when you present it orally).



Activity Five - **Listening Comprehension**

Letting Go of the Outcome | Payal Khurana | TEDxUF - Listen to the first 8 minutes and answer the questions. (Feel free to listen to the rest later).
https://www.youtube.com/watch?v=9D5A7wPd6o0

1. What idea does our culture instill in us?
2. Does the speaker agree that 'the best is yet to come'?
3. What does she want us to let go of?
4. What teaches us that the best moments of our life are now?
5. What is mindfulness defined as?
6. What does it teach us?
7. What's a good way to check in and get present?
8. What does she ask the audience to do?
9. What does she teach courses on?
10. What does she think people should un-attach from?
11. What was she attached to when she was younger?
12. Where did her family come from?
13. What did they do to make ends meet?
14. What did they sacrifice and why?
15. What had people asked her a lot?
16. What career choices did she think she had?
17. What did she get a degree in?
18. How long did she work as an idea consultant?
19. What did she feel a sense of when she was at work?

