

A man with a beard and short dark hair, wearing a blue t-shirt, is smiling and celebrating with his right fist raised. He is holding a red and white tennis racket in his left hand. The background is a teal-colored wall with a grid pattern, possibly part of a tennis court or gym.

B1 - Personal habits and motivation

Friends discussing changing habits and staying motivated by using the second conditional

Answer the following questions

1. What are some good habits you already have?
2. What habits would you like to change?
3. What helps you stay motivated when you feel lazy or tired?
4. Do you think it's hard to break bad habits?
5. Who or what inspires you to work harder or live healthier?
6. What would you do if you had more time in the day?



The first and second conditional

Conditional	Structure	Use	Example
First conditional	If + present simple, will + base verb	Real and possible future situations	<i>If I study, I'll pass the test.</i>
Second conditional	If + past simple, would + base verb	Hypothetical or unlikely present/future	<i>If I studied more, I'd pass the test.</i>



“If I were more disciplined ...”

Lebo and Max have been friends since university. They often meet for coffee and talk about their lives, work, and personal goals. One afternoon, Max looked tired and frustrated. “I don’t understand myself,” he said. “I want to wake up early, exercise, eat healthy... but every morning, I press snooze, grab junk food, and skip the gym.”

Lebo smiled gently. “If you were more disciplined, you’d feel better. But don’t be so hard on yourself. Maybe your goals aren’t realistic right now.” Max sighed. “If I had more motivation, I’d stick to my plan. But honestly, I’m always so tired after work.”

Lebo nodded. “If I were in your shoes, I’d start small. Like, just go for a 10-minute walk instead of a full workout.” Max smiled for the first time that afternoon. “Yeah... and if I changed one thing at a time, maybe the rest would follow.”

“Exactly,” Lebo said. “If you believed in yourself more, you’d be surprised what you could do.”

Choose the best answer

1. What is Max frustrated about?
 - a. His job.
 - b. His personal habits.
 - c. His friendship with Lebo.
2. What does Max usually do in the mornings?
 - a. Goes for a job.
 - b. Eats a healthy breakfast.
 - c. Presses snooze and skips exercise.
3. What advice does Lebo give Max?
 - a. Try to change everything at once.
 - b. Start with small steps.
 - c. Quit his job.



Choose the best answer

4. What would Max do if he had more motivation?
- Sleep more.
 - Stick to his plan.
 - Get a gym trainer.
5. How does Max feel at the end of the conversation?
- More positive and hopeful.
 - More confused.
 - Angry at Lebo.



Fill in the blanks with the correct verb form

1. If I _____ (wake) up earlier, I'd have time to eat a proper breakfast.
2. I'd feel more energetic if I _____ (exercise) regularly.
3. If she _____ (not watch) TV every night, she'd sleep better.
4. If I had more self-control, I _____ (not eat) so much sugar.
5. He'd get more work done if he _____ (stop) checking his phone all the time.
6. If we believed in ourselves, we _____ (be) more confident.
7. If I _____ (have) a friend to train with, I'd stay motivated.
8. They wouldn't be so stressed if they _____ (take) short breaks during the day.

“If I were more motivated ...” – roleplay

Scenario:

Two friends are talking about their personal habits. One feels stuck in bad habits and lacks motivation. The other tries to give supportive advice using the second conditional.

Include expressions like:

“If I were you ...”

“If you changed on thing ...”

“You’d feel better if ...”

“What would you do if ...”

Roles:

1. **Student A (unmotivated friend):**
You often sleep in, procrastinate, eat poorly, and feel unproductive. You want to change but struggle.
2. **Student B (supportive friend):**
You want to help your friend feel better. Use positive advice and second conditional phrases to show what could happen if they changed their habits.

Useful language

Phrase starters	Sample completions
If I were more motivated, I would start going to the gym every morning.
If you didn't eat junk food so often you'd feel healthier.
You'd have more energy if you got at least 8 hours of sleep.
What would you do if you had an extra hour each day?



Match each “if” sentence with the best result

Column A (If clause):

1. If I were more motivated, ...
2. If he woke up earlier, ...
3. If we didn't scroll social media all evening, ...
4. If you are healthier meals, ...
5. If I have a personal trainer, ...
6. If she believed in herself, ...
7. If I didn't drink coffee after 6 p.m., ...
8. If we focused during the day, ...

Column B (Result clause):

- a. ... I'd sleep better at night.
- b. ... I'd stick to my habits longer.
- c. ... we'd finish our work faster.
- d. ... we'd get more done.
- e. ... he wouldn't be late every day.
- f. ... she'd take more chances.
- g. ... I'd exercise more regularly.
- h. ... you'd have more energy.

Read each question and choose the option that best reflects your personal thoughts

If you had more energy after work or school, what would you do?

1. I'd go to the gym or exercise.
2. I'd cook healthier meals.
3. I'd take online courses and study.
4. I'd probably still just watch YouTube and relax.

If you didn't procrastinate so much, how would your life change?

1. I'd meet deadlines and feel less stressed.
2. I'd have time to relax in the evenings.
3. I'd be more productive and proud of myself.
4. Honestly, I'm not sure anything would change.

If you had a personal coach or mentor, what would you want help with?

1. Waking up early and building a morning routine.
2. Eating better and staying active.
3. Time management and study habits.
4. Motivation – I just need someone to push me.

If you changed just one habit in your life, which one would it be?

1. I'd stop sleeping so late.
2. I'd stop wasting time online.
3. I'd start exercising regularly.
4. I'd stop saying, "I'll do it tomorrow."



Thank you for your support.

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