

Lesson	Topic	Language Focus	Example Sentences
1. Setting Goals	Personal growth & motivation	Grammar: Present perfect continuous Vocab: achieve, improve, effort, progress, determined	1. I've been working hard to reach my goals. 2. She's been improving her English a lot recently. 3. How long have you been trying to change jobs?
2. Big Moments	Life changes & milestones	Grammar: Past perfect Vocab: graduate, marry, move, regret, opportunity	1. I had never lived alone before I moved to Saigon. 2. By the time I graduated, I already had a job offer. 3. I regret not taking that opportunity earlier.
3. Health Matters	Fitness, illness & lifestyle	Grammar: Modals of deduction (must, might, can't) Vocab: symptom, treatment, exercise, diet, recovery Pronunciation: word stress in compound nouns ('back pain, 'toothache)**	1. You must be exhausted after that run. 2. He might be getting sick. 3. This medicine can't be for adults.
4. The Way We Live	Modern routines & balance	Grammar: Adverbs of frequency & intensity Vocab: routine, balance, habit, rarely, frequently	1. I hardly ever take a day off. 2. She always eats dinner with her family. 3. We usually relax after work.
5. On the Move	Travel & relocation	Grammar: Future continuous Vocab: destination, journey, explore, luggage, schedule Pronunciation: Diphthongs (train, plane, go, ride)**	1. I'll be travelling across Asia next month. 2. What will you be doing at this time tomorrow? 3. They'll be staying near the city centre.
6. Our Planet, Our Problem	Environment & sustainability	Grammar: Simple passive Vocab: pollution, waste, recycle, protect, climate	1. Plastic is recycled in many cities. 2. This area was protected by the government. 3. More trees will be planted next year.
7. Money Talks	Finance & decision-making	Grammar: Modals of obligation (must / have to / should have) Vocab: salary, cost, save, afford, budget	1. You must save some money each month. 2. I should have checked the price first. 3. She can't afford that apartment right now.
8. Stories We Tell	Experiences & storytelling	Grammar: Narrative tenses (past simple, past continuous, past perfect) Vocab: event, accident, memory, surprise, reaction Pronunciation: -ed endings (/t/, /d/, /ɪd/)**	1. I was walking home when it started raining. 2. We had just left before it happened. 3. It was one of the most surprising days of my life.
9. Wired Life	Technology & digital habits	Grammar: Reported speech (statements & questions) Vocab: device, connection, password, app, update	1. He said the Wi-Fi wasn't working. 2. She told me she'd already updated the app. 3. They asked if I'd changed my password.
10. If Things Were Different	Hypotheticals & imagination	Grammar: 2nd conditional + modals (might, would, could) Vocab: decision, prefer, chance, situation, change	1. If I were you, I'd move abroad. 2. She might be happier with a new start. 3. If we had more time, we'd travel more often.