



ESL
CLASS
PLANS

Hustle Culture

Lesson	CEFR
6	B2

Lifestyle & Health

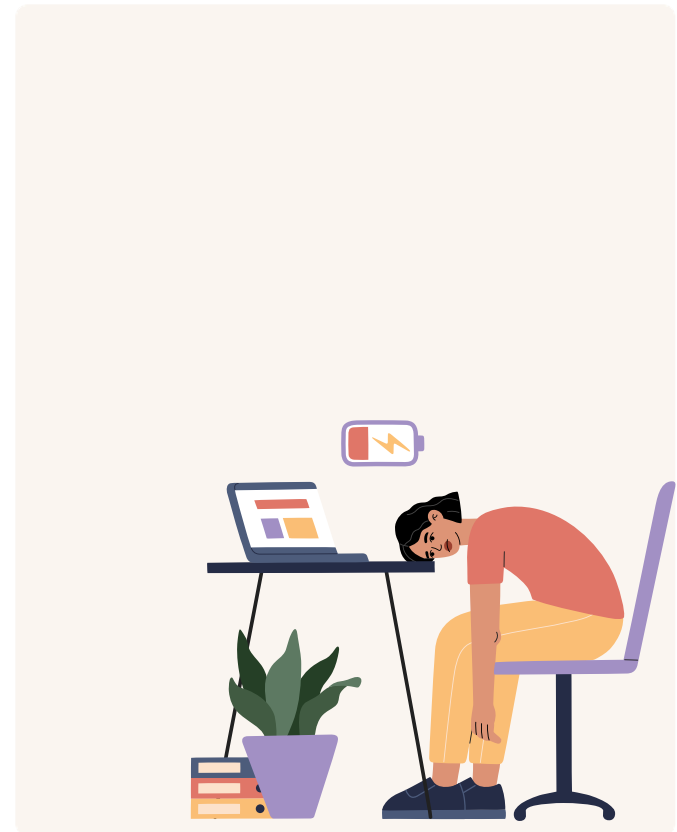
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Introduction

In the modern professional landscape, working a standard 40-hour week is increasingly viewed by some as the bare minimum.

"Hustle culture", the expectation that one must constantly work and optimize every hour, has become dominant.

While it has driven immense innovation, critics argue it is causing an unprecedented global crisis of burnout and exhaustion.



Vocabulary Focus

Toxic Productivity: An unhealthy obsession with being productive or constantly working, to the detriment of health and relationships.

Burnout: A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress, leading to a lack of motivation.



Vocabulary Focus

Work-Life Integration: A modern approach to blending professional responsibilities and personal life dynamically, rather than keeping them separate.

Performative Workaholism: The act of publicly boasting about working long hours, often on social media, to project success and dedication.



Ambition vs. Well-being

Proponents of hustle culture argue that extraordinary success requires extraordinary sacrifice. They view the constant grind as an empowering path to financial independence and fulfillment, asserting that temporary exhaustion is a small price to pay for achieving dreams.

Conversely, a growing counter-movement labels hustle culture as inherently toxic. Critics point out that glorifying sleep deprivation breeds corporate exploitation. They advocate for strict boundaries, claiming true success is measured by happiness and leisure.

Let's Discuss!

Round 1: Personal Philosophy & Pressure

- Do you ever feel a sense of guilt or anxiety when you spend an entire weekend relaxing and doing absolutely nothing productive? Where does that come from?
- Social media is filled with influencers bragging about waking up at 4:00 AM to build businesses. Does this type of content inspire you or exhaust you?
- What does a healthy "work-life balance" look like to you personally?

Let's Discuss!

Round 2: Corporate Responsibility & Burnout

- If an employer offers a significantly higher salary but explicitly expects you to reply to emails late at night and on weekends, would you accept it?
- Do you think companies bear the responsibility for employee burnout, or is it up to the individual worker to set boundaries?
- Can someone achieve top-tier success while strictly working only 40 hours a week?

The Debate Arena

Team A (The Hustlers): Argue in favor of hustle culture. Defend the idea that hard work, sacrifice, and maximizing your output are necessary to achieve your full potential and secure financial freedom in a competitive world.

Team B (The Essentialists): Argue against hustle culture. Defend the idea that chronic overwork is destructive, toxic, and unsustainable. Champion the human right to rest, leisure, and a distinct personal identity.