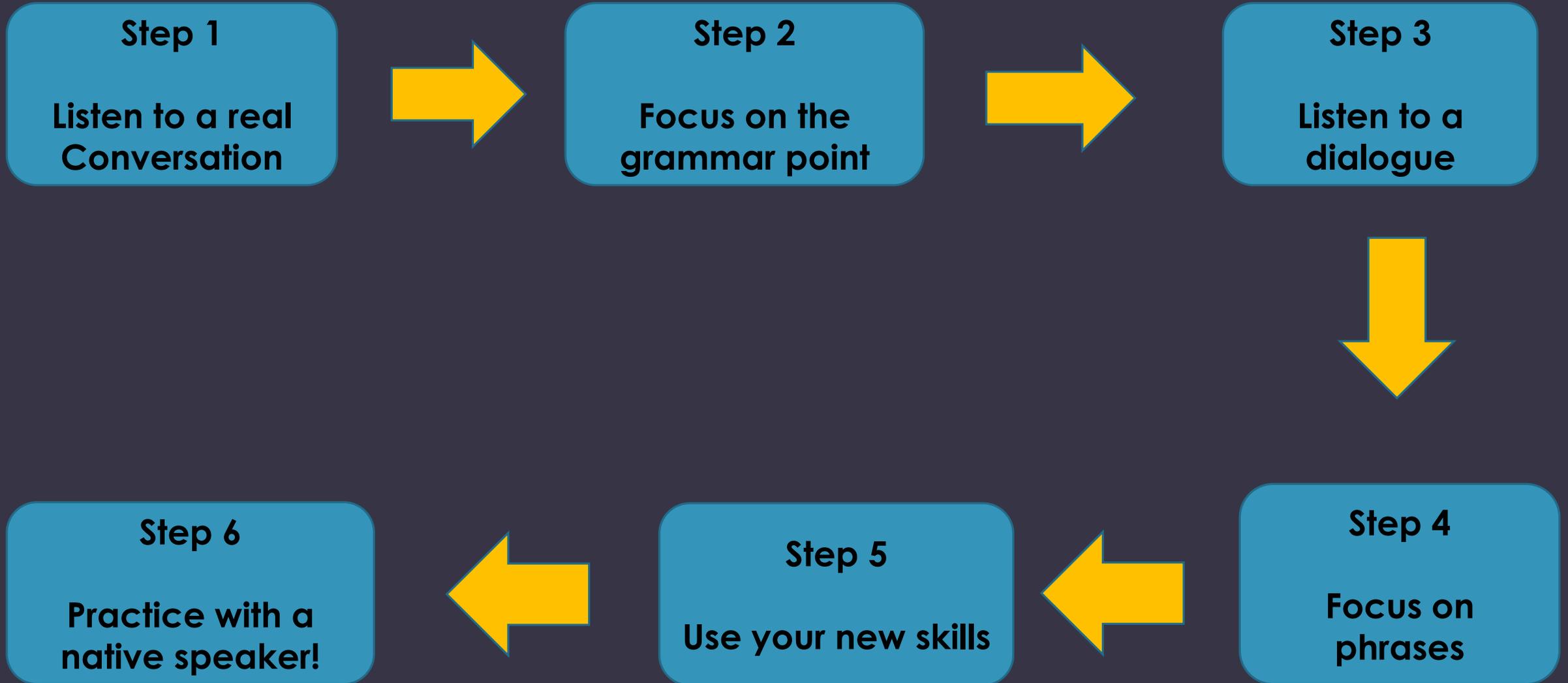




# How to Talk About Your Habits in English

## A Grammar Lesson

# Our Method



# Step 1- What Are Your Habits?



Please listen to  
Audio Step 1-What  
Are Your Habits?

Do you have any bad habits? Do you have some good habits? Listen to Molly, Susan, and Lindsay talk about their habits.

Please open [Transcript Step 1-What Are Your Habits?](#)

## Step 2: Focus on the grammar point

“I fall asleep with the TV on every night”

“Every morning I sit down and I take the pills”

### Grammar Tip:

When you talk about your habits or things that you do on a regular basis, you usually use the present tense.

Please open the link “[Transcript Step 1- What Are Your Habits](#)”

“I go to bed and I don't do the dishes at the end of the night”

## Bonus Grammar Tip!

(for ambitious learners)

You can also use the future (“will”) to talk about habits and things that you do regularly.

See Transcripts Step 1 -  
What Are Your Habits?

“I’ll let them soak”  
(the dishes)

“I’ll do them later  
on” (the dishes)

“I actually will  
stream videos”

## Step 3: Your Habits Are Driving Me Nuts

In this dialogue, two roommates complain about each other's habits.

To listen, please click on link [“Audio Steps 3 and 4: Your Habits Are Driving Me Nuts”](#)



# Step 4: Look at the grammar in context



Now let's look at how the grammar is used in context!

**Please open the file "Transcript Steps 3 and 4: Your Habits Are Driving Me Nuts"**

## Step 5: Use Your New Skills

**Please take the quiz and check your answers on the credits page**

1. Every morning I \_\_\_\_\_ (to get up) at 6am and \_\_\_\_\_ (to go) for a run
2. Do you always \_\_\_\_\_ (to see) a movie on Wednesday nights?
3. On the weekends we usually \_\_\_\_\_ (to eat out) at a nice restaurant.
4. He never \_\_\_\_\_ (to clean) the bathroom

# Step 5 answers

1. Get up, go
2. See
3. Eat out
4. cleans

# Step 6: Practice with a Native Speaker

- Please name your 3 worst habits. Why **do you do** them? How did you develop them? What would help you stop doing them?
- Please name your 3 best/healthiest habits. How did you develop them? How do they make your life better?
- Describe a typical Monday. What do you usually **do** when you get up? What **do you do** when you arrive at work? What **do you do** when you come home in the evening?

# Step 6 Continued

- Please respond to this quote. Do you agree or disagree? Have you seen evidence of this in your life?  
*“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.” – Gandhi*
- What bad habits have you broken in your life? How did you break them? What methods did you use? Would you recommend these methods? Why or why not?
- According to Charles Duhigg, author of *Power of Habit* a “keystone habit” or “trigger habit” is a single habit that transforms other areas of our life when we include it in our regular routine. Do you have any keystone habits? How do they transform your other habits and other areas of your life?

# Step 6 Continued

- What habits did you learn from your parents or your family of origin? Are you glad that you learned that habit? How has it influenced your life?
- How is the habit of smoking viewed in your country? Is there a stigma against smoking? How has the public's view of smoking changed in the last 20-30 years in your country?
- What are some habits that are accepted in your country but not accepted in the US or other countries you have visited or vice versa? (examples- spitting on the street, arriving late at an event or party, eating dinner late at night, slurping, burping,)

# Practice for Bonus Grammar Tip

Please use “will” to discuss your habits when you answer the following questions (see bonus grammar tip on page 4)

- What is your favorite day of the week? What will you usually do on that day? (Example- on Sunday mornings **I'll stay** in bed until 10am and **I'll usually finish** a few cups of coffee while reading a book)
- Name a daily habit that your partner or a member of your family **will often do**. Have you picked up the same habit? Why or why not?
- Name your favorite holiday. What are the 3 traditions that you **will do** every year during this holiday with family or friends.

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