



Live Lesson Notes

Daily Routines

Contents

Resources To Speak Better English

Listening Activity

Vocabulary

Idioms

Speak English more confidently

Warm up

Finish this sentence

On Sunday evenings, I **tend to**

Your examples

I tend to do some study
I tend to hang out with friends
I tend to watch a film on TV
I tend to go to church
I tend to listen to music
I tend to go for a walk

Resources To Speak Better English

- [Keith Speaking Academy](#)
- [Free Live Lessons](#)
- [The Vocabulary Vault](#)
(Practice and review activities for 22 of my best live lessons)



Listening Activity: Daily Routines

Listen to this dialogue between two people



<https://soundcloud.com/keithohare/conversation-daily-routines>

1. Who is speaking?

1. Two students
2. A student and a teacher
3. A mother and son
4. A worker and a student

2. True / False / Not Given

Listen again and decide if the following phrases are true, false or not given.

1. Tom believes routines are always positive.
2. Anna works fixed hours every day.
3. Tom finds studying exciting all the time.
4. Anna thinks routines are useful for children.
5. Both speakers agree routines should be completely avoided.

3. Listen and find phrases similar to these

- A. Unable to change your situation
- B. Continue moving towards a goal
- C. Feeling you are improving step by step
- D. Very bored

Answers at end of PDF

4. Listen again and follow the script below

Anna: Hi, Tom, how are you doing?

Tom: Not bad - same old, same old!

Anna: Yeah, I know what you mean, sometimes I feel like **I'm stuck in a rut**. I was reading an article the other day about the benefits of routines. What do you think? Do you think routines are a good thing?

Tom: Hmm, I think they can be both good and bad. I'm still a student, so I try to follow a daily routine at uni. I tend to go to the library most mornings, I'll have lectures in the afternoon, and I typically review my notes in the evenings. That routine helps me **stay on track with** my studies.

Anna: That makes sense. I work full-time now, and you know what? Although routines can be boring, they help me be more productive. More often than not, I work on my projects first thing in the morning and then only do emails after lunch. It gives me **a sense of progress**.

Tom: Exactly. And repetition helps too. I mean, perfection comes through repetition, right?

Anna: True, but don't you ever feel bored? Sometimes my routine feels so monotonous.

Tom: Yeah, I get that. If I study the same way every day, I feel **bored to tears**.

Anna: I think routines are good for some people, like children. They give a sense of safety and clear boundaries.

Tom: And maybe for older people too. My grandma says routines can reduce stress and give her a sense of certainty.

Anna: Sure, but for me, I need some variety. Otherwise, life feels a bit dull.

Tom: I know what you mean. Maybe the best thing is balance—a routine, but with some flexibility.

IELTS Speaking Vocabulary: Daily Routines

Ways of expressing habits and routines

ALWAYS

I *get up early* **everyday**

I **will** *get up early* (present habit)

I **always** *get up early*

USUALLY

I **tend to** *get up early*

I **typically** *get up early*

I **usually** *get up early*

More often than not, I *get up early*

RARELY

I **rarely** *get up early*

I **hardly ever** *get up early*

I *get up early* **once in a blue moon**

👉 TIP

If the **adverb of frequency** is **one word** it usually goes between the subject (e.g. I, he, you...) and the verb.

Examples

I **often** *get up late*

I **always** *have coffee in the morning.*

If the **adverb of frequency** is **more than one word** it usually goes at the **beginning** or **end** of a phrase, not in the middle!

Examples

*I get up at 7am **on a regular basis**.*

***From time to time** I get up at 9 am.*

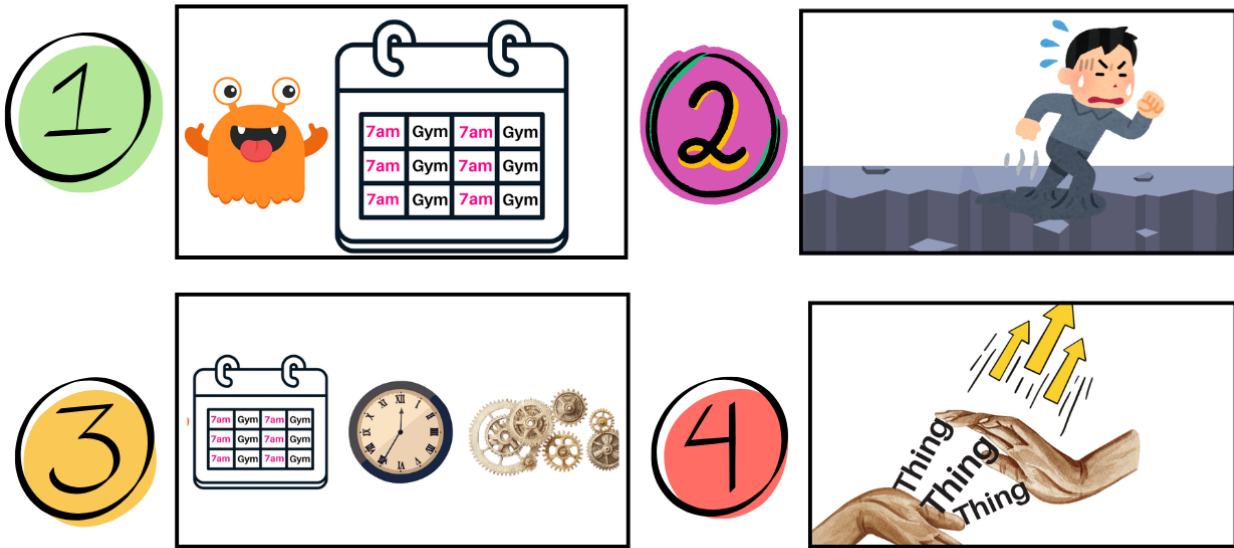
*I go to work every Monday **without fail**.*

Other Adverbs of Frequency

Always	Usually	Often	Sometimes
Invariably	Typically	On a regular basis	From time to time
Without fail	Generally	Frequently	Now and again
Without exception	Regularly	Repeatedly	Occasionally
Day in day out	Mostly	Time and again	Once in a while

Tell me about a habit you have and how often you do it!

Idioms to talk about ROUTINES



Guess the idioms above!

1. _____
2. _____
3. _____
4. _____

Answers at end of PDF

Website Recommendation

The benefits of Routines

<https://www.headspace.com/articles/the-secret-benefit-of-routines-it-wont-surprise-you>

How to Speak English Confidently

"I understand 90% of your videos, but I still can't speak English confidently!"

Your are learning English passively !

'Identity Imitation Syndrome'

Have you seem 'Rocky' or 'Love Island'?

You feel like you are the person you are watching.

But you don't become a great actor by watching others act in films.

To do that, you need to practise acting.

To speak more confidently, you need to practise speaking English.

Systematically (with a routine 😊)

The Speaking Success System

1. Discover

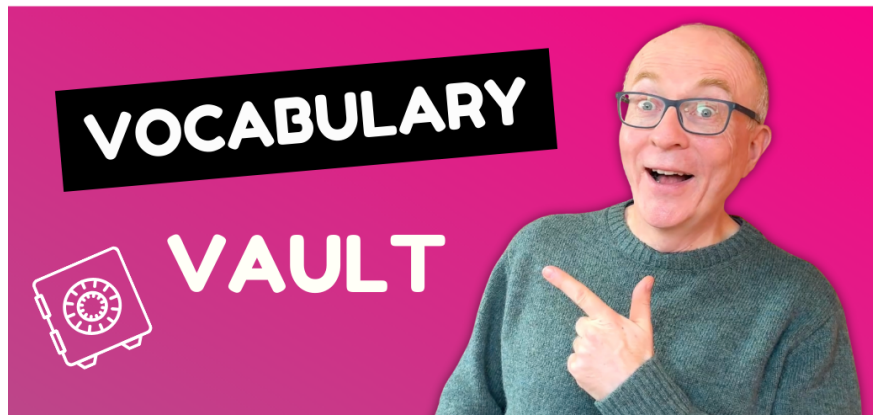
2. Practise

3. Review

This system is at the centre of my online courses.

You can practice all the language from my live lessons in

The Vocabulary Vault



1. **Discover** language in the live lesson
2. **Practise** with an audio file
3. **Review** with tests and stories

Follow the link to find out more.

If you buy today, to celebrate spring, there is a discount!

<https://go.keithspeakingacademy.com/routine-live-vv>

Song

🎵 “Same Old, Same Old?”

Language note:

To **give someone the sack** = to fire them (so they lose their job)

Verse 1

I wake up early, same time every day
Regular as clockwork, in a steady kind of way
Grab my coffee, head out with my bag
Stay on course, yeah, never looking back

I go to work on Mondays, **without fail** I'm there
More often than not, I sit in the same old chair
I **tend to** leave my emails for the afternoon
Seems the end of the day can't come too soon

Chorus

Same old, same old, am I **stuck in a rut**?
Should I carry on working, or follow my gut?
A creature of habit, or just **staying on track**?
Maybe I should change, before they give me the sack!

Verse 2

Another boring meeting, I'm **bored to tears**
I'll get another coffee, maybe I'll make it beers
Why do you copy me in on all your emails?
I'll never answer them, if I'm down at the sales
Picking up a bargain....

Chorus

Same old, same old, am I **stuck in a rut**?
Or building a better life, bit by bit?
A creature of habit, or just **staying on track**?
Maybe I should change, before they give me the sack!

Bridge

They say routines give you safety, give you boundaries too
Help you feel more certain in the things you do
But I need some variety, I need to feel free
A balance in my life, that's the key for me

Final Chorus

Same old, same old, am **I stuck in a rut?**
Or building a better life, bit by bit?
A creature of habit, or just **staying on track?**
Maybe I should change, before they give me the sack!

ANSWERS

Listening Task Answers

1. Who is speaking?

4. A worker and a student

'I'm still a student'

'I work full-time now'

'My grandma says routines can reduce stress'

2. True / False / Not Given

1. Tom believes study routines are always positive. **F**

'That routine helps me stay on track with my studies.'

'I think they can be both good and bad.'

2. Anna works fixed hours every day. **NG**

'I have a full time job'

3. Tom finds studying exciting all the time. **F**

'If I study the same way every day, I feel bored to tears.'

4. Anna thinks routines are useful for children. **T**

'I think routines are good for some people, like children.'

5. Both speakers agree routines should be completely avoided. **F**

'I think routines are good for some people,'

'Maybe the best thing is balance—a routine, but with some flexibility.'

3. Listen and find phrases similar to these

Answers

- A. Unable to change your situation
= **Stuck in a rut**
- B. Continue moving towards a goal
= **Stay on track**
- C. Feeling you are improving step by step
= **A sense of progress**
- D. Very bored
= **bored to tears**

Idioms to talk about ROUTINES

1. To be a creature of habit = someone who likes to have the same routine (positive)

I hate to miss my early morning walk, I am a creature of habit.

2. To be stuck in a rut

= doing the same boring routine and not changing (negative)

I feel stuck in a rut with my daily routine.

I have got stuck in a rut at work. I think I need a new job!

3. As regular as clockwork (adv.)

= very regularly and predictably

I brush my teeth every morning, as regular as clockwork

Related idiom

To run like clockwork

= to go smoothly and efficiently all the time

4. To shake things up

= change your routine to make life more exciting

I travel at weekends to shake things up.

Once in a while, I work in a coffee shop, to shake things up.