

Live Lesson Notes

Habits

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Some useful Links

Watch and read this **full lesson on HABITS here**

<https://keithspeakingacademy.com/ielts-speaking-habits-lesson-vocabulary-topic>

Podcasts for all levels - Culips

<https://esl.culips.com/>

Habits by **James Clear**

<https://jamesclear.com/habits>

Get **my online course** *IELTS Speaking Success - Get a Band 7+*

<https://keith-speaking-academy.teachable.com/p/ielts-speaking-success-get-a-band-7?src=Live>

Improve your Pronunciation for IELTS with this app - ELSA

<http://bit.ly/ElsaxEnglishSpeakingSuccess>

An exclusive offer for my students from ELSA:

<https://elsaspeak.com/inf/englishspeakinguccess/>

Click to get a complete **Mock IELTS** Test.

<https://takeielts.net/the-path-to-success-in-the-ielts-test/>

Use the CODE: **keith10** to get a 10% discount.

Find a teacher on **italki** so you can start practicing all the language you are learning here. Practice is the key!

<https://bit.ly/IELTSSpeakingitalki>

Follow me on **social media**

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<https://www.youtube.com/channel/UCiVm8XcbwS8-pcDEa5IFXIA>

IELTS Speaking Vocabulary: Habits

'We are the sum of our habits!'

Here is some useful vocabulary for this topic.

I tend to _____

I tend to get up early in the morning

I like to _____

I like to make my bed as soon as I have got up

Out of habit

I get up early everyday out of habit

By force of habit = *do something because you have always done it, rather than choosing to do it*

I drink coffee everyday by force of habit

I'm in the habit of _____

It has become a habit

*If you have a **bad habit**, you can use the following,*

I have a habit of _____

I have fallen into the habit of _____

I have a habit of ...

...biting my nails

...reading in the dark

...not listening carefully to my wife

If you want to stop a habit, you can say,

I am trying to break / kick / give up this habit

I'm trying to get out of the habit

Adjectives to describe habits

Annoying, bad, nasty

good, endearing (makes people like you)

smoking, drinking (*drugs*)

I need to kick my *smoking* habit

Order these habits from best to worst

Getting up early
Drinking orange juice
Reading newspapers
Smoking
Jogging
Making your bed
Playing games

Here are the results we had from our poll.



Getting up early can help you feel you are ahead of everyone else and so **put you in a good mood**.

Jogging is a **great way to stay in shape** and is also good for your mental health.

Making your bed is a quick and simple habit and can **have a knock-on effect**, meaning it leads you to take other beneficial actions or habits.

Drinking orange is good and bad. If bought in a supermarket, it will be full of sugar and not good for you. Fresh juice is better, but still contains sugars the can **give you a sugar-rush**. Eating an orange would be the best option.

Playing games can be a great habit for children and adults, it can **allow you to relax and bond with others**. However, if we are taking about video games, we should play them in moderation.

How to change a habit

‘If you have a bad habit, don’t try to kick it, just replace it with a better habit’

Listening Task 1

You are going to listen to someone talking about changing a bad habit.

Fill in the gaps with one or two words.

1. There are _____ stages to changing a habit.
2. If you see a _____ in your fridge, that can be a cue to take one
3. Rewards give us a sense of _____
4. To change a habit, either you take the cue away or you _____ the routine
5. Drinking beer might be a good way of relieving _____

Answers at bottom of worksheet

Listening Task 2

Next, listen to the passage and fill in the gaps.

If you want to change a habit, you need to know the three stages of every habit. The cue, the routine and the reward. First, you need to identify the [1] _____.

For example, imagine you have [2] _____ into the habit of drinking a couple of beers every evening when you get home from work. You are getting fatter and want to [3] _____ the habit.

The cue might be a time, a [4] _____, something you see, or maybe something someone says.

For example, you get home and think - 'it's 6pm, time for a beer!'

Or your wife, with all good intentions, says, "you're home, fancy a beer?"

Perhaps, you open the [5] _____ and see the nice, cold beers waiting for you, that's the cue to take one and have a refreshing drink.

The routine is having the drink, and the reward is the satisfaction that drink [6] _____ you.

There are different things you can do to change this habit.

Two of the most common ones are

- 1) remove the cue
- 2) change the routine with something that gives the same reward

The first step could be to remove the cues. Hide the beers - out of sight, out of [7] _____.

Another step could be change the routine with something that gives the same reward, but to do that you must know what the reward really is.

If having a drink breaks the boredom, you could replace it with watching a film on TV, or taking your dog for a walk.

If the reward is [8] _____ your thirst, you could replace the drink with a different cold and refreshing drink.

What bad habit do you want to change, and how will you do it?

Answers at bottom of worksheet

Passage based on 'Habits' by James Clear
<https://jamesclear.com/habits>

Idioms to talk about habits

I am a **creature of habit** = *I like routines*

I am a **stickler for** = *I insist on certain things*

I am a stickler for getting up early

I am a stickler for doing exercise everyday

Old habits die hard = *it's difficult to change a habit*

Why break the habit of a lifetime?

= *It's not necessary to change that habit*

I am **stuck in a rut** = *I'm stuck in a boring routine, in a bad situation.*

Keeping **with** tradition... = *I will continue with my habit / tradition*

Breaking **with** tradition = *not to continue a habit*

Practice what you preach = *do the things you tell others to do*

Answers

Listening task 1

Fill in the gaps with one or two words.

1. There are **three** stages to changing a habit.
2. If you see a **beer** in your fridge, that can be a cue to take one
3. Rewards give us a sense of **satisfaction**
4. To change a habit, either you take the cue away or you **change** the routine
5. Drinking beer might be a good way of relieving **your boredom**

Listening task 2

If you want to change a habit, you need to know the three stages of every habit. The cue, the routine and the reward. First, you need to identify the [1] cue.

For example, imagine you have [2] fallen into the habit of drinking a couple of beers every evening when you get home from work. You are getting fatter and want to [3] kick the habit.

The cue might be a time, [4] a place, something you see, or maybe something someone says.

For example, you get home and think - it's 6pm, time for a beer.

Or your wife, with all good intentions, says, "you're home, fancy a beer?"

Perhaps, you open the [5] fridge and see the nice, cold beers waiting for you, that's the cue to take one and have a refreshing drink.

The routine is having the drink, and the reward is the satisfaction that drink [6] gives you.

There are different things you can do to change this habit.

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The first step could be to remove the cues. Hide the beers - out of sight, out of [7] mind.

Another step could be change the routine with something that gives the same reward, but to do that you must know what the reward really is.

If having a drink breaks the boredom, you could replace it with watching a film on TV, or taking your dog for a walk.

If the reward is [8] quenching your thirst, you could replace the drink with a different cold and refreshing drink.

What bad habit do you want to change, and how will you do it?