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# DAILY ROUTINE

## Vocabulary

- Commute
- Time management
- Chores/ Homework
- To-do list
- Schedule
- Downtime
- Sleep cycle
- Productivity
- Personal development
- Habit stacking
- Self-care/ Mindfulness

## Phrasal Verbs

- Get up (rise from bed)
- Freshen up (clean oneself briefly)
- Eat out (have a meal at a restaurant)
- Drop off (leave someone or something)
- Take out (remove something, e.g., trash)
- Wind down (relax after work)
- Stick to (follow a plan or habit)
- Carry out (complete a task)
- Work out (exercise)
- Zone out (lose focus)
- Put off (postpone a task)

## Idioms

- The daily grind (repetitive daily work)
- Early bird (someone who wakes up early)
- Night owl (someone who stays up late)
- Start the day off on the right foot
- SAME OLD, SAME OLD (ROUTINE DOESN'T CHANGE)
- The hustle and bustle (busy activity)
- Keep your nose to the grindstone (work hard)
- Break the cycle (change a routine)
- Get a head start (begin before others)

## Expressions

- Bright and early (wake up early)
- A creature of habit (sticks to routines)
- Make time for (find time to do something)
- SET PRIORITIES (DECIDE WHAT'S IMPORTANT)
- Stay on track (keep following a plan)
- Lose track of time (unaware of time passing)
- Seize the day (make the most of time)
- At the crack of dawn (very early)
- Set the tone (set the mood for the day)
- Out of sync (not aligned with routine)