

## Routine

### Vocabulary

COMMUTE  
TIME MANAGEMENT  
CHORES/ HOMEWORK  
TO-DO LIST  
SCHEDULE  
DOWNTIME  
SLEEP CYCLE  
PRODUCTIVITY  
PERSONAL DEVELOPMENT  
HABIT STACKING  
SELF-CARE/ MINDFULNESS

### 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)

### 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)

### 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)