

More Than “I’m Good”: Talk About Your Day Naturally in English

Part 1: Go Beyond “I’m Good”

When someone asks “How are you?” or “How was your day?”, many learners only answer “I’m good.” That’s okay, but it sounds short and unnatural. Native speakers usually add small details.

We use the **3-Phrase Rule**:

Feeling + Detail + Comment

This gives you a natural answer with just the right amount of detail.

Here are some examples:

Pretty good, I finished my work early, so I had time to relax.

Not bad, I was a little tired, but I still went for a walk.

Busy, I had meetings all day, and I’m glad it’s over.

Great, I met a friend for coffee, and it really made me happy.

Okay, I didn’t sleep much, but I managed to get through the day.

Part 2: Talking Through the Day

It helps to think about your day in three parts: morning, afternoon, and evening. Each part can be explained with three phrases.

Morning examples:

I woke up late, had a quick breakfast, and rushed to class.

I went for a run, drank coffee, and felt full of energy.

I missed the bus, walked to work, and arrived a bit late.

I checked my phone, answered some emails, and ate some fruit.

I had class at nine in the morning, studied hard, and took good notes.

Afternoon examples:

Work was busy, I had lunch with a colleague, and we talked about travel.

I studied English, reviewed new words, and felt more confident.

I went shopping, bought vegetables, and carried heavy bags.

I met a friend, drank tea, and laughed a lot.

I took a short nap, listened to music, and felt relaxed.

Evening examples:

I cooked pasta, watched a movie, and enjoyed my evening.

I cleaned the house, folded laundry, and listened to music.

I went for a walk, looked at the sunset, and took pictures.

I played a game, chatted online, and had fun.

I met a friend, drank coffee, and talked about our day.

Part 3: Common Questions and Natural Answers

Here are three common questions. Complete the answers yourself using the **3-Phrase Rule**.

How was your day?

Pretty good, I...

It was okay, I...

Pretty relaxing, I...

Busy, I...

Not the best, I...