

How do you talk about your daily rituals?

The small things we do each day shape our lives. Share yours.

THE TOPIC

Everyone has small daily habits: a morning coffee, a walk, a quiet moment. These little rituals give shape to our days. This topic is about the routines that matter to you.

START HERE (SAY THESE OUT LOUD)

One sentence per question. Do not write. Just speak.

- What is the first thing you do in the morning?
- Do you have a small daily ritual you love?
- How do you end your day?

If you get stuck, start with: "Every morning, I always..." Say what comes to mind.

USEFUL WORDS AND EXPRESSIONS

Choose 2 or 3 that fit how you talk about this topic.

a routine	things you do regularly <i>"I have a simple morning routine."</i>
a ritual	a small act that feels special <i>"My coffee is a daily ritual."</i>
wake up	stop sleeping <i>"I wake up at six."</i>
calm	quiet and relaxed <i>"It keeps me calm."</i>
on purpose	in a planned way <i>"I do it on purpose, every day."</i>
wind down	relax before rest <i>"I wind down with a book."</i>

SPEAKING PRACTICE (CHOOSE 3 TO 5)

Answer out loud. 30 to 60 seconds per question. Do not write. Just speak.

- Are you a morning person or a night person?
- What small habit makes your day better?
- Has your daily routine changed in the last years?
- What do you do to relax at the end of the day?
- If you could add one ritual to your day, what would it be?

SMALL ACTION FOR THIS WEEK

Do one small ritual on purpose this week and notice how it feels. Once this week. That is enough.

Want more practice? The members edition has expanded vocabulary, questions at three levels, and error spotting at each level.