

WORKBOOK

Intermediate #1

UNIT 04: A DAY IN MY LIFE!

WORKBOOK

Intermediate #1

G R A M M A R



Fluencypass

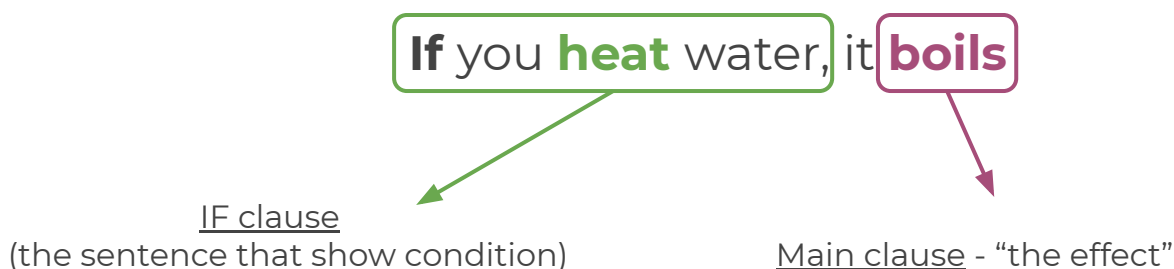
LESSON 01: WHAT IF...

On a **daily basis** we always think about what we want to eat for dinner, where we want to go, what clothes we should wear... But we are not always 100% sure of our choices, and there are a few things that could change if others happen instead. So yes! A lot of what we do is based on conditions: “**If** something happens...”, “What **if** I wear this one?”, the list goes on and on!

So this lesson is all about figuring out how to put the Zero and the First conditional to use. If you remember correctly, we’ve already studied these two conditionals back on the Basic 2 course. The goal here, therefore, is to review some of its concepts and add more uses to our repertoire.

The **ZERO CONDITIONAL** is usually the first conditional we learn in this area, because it’s considered to be the simplest one of them all. This is due to the fact that the structure is in the simple present, one of the first tenses we ever learn when we study English.

It’s a real present condition, and it’s divided into two clauses (sentences). Because they are both in the **simple present**, it’s commonly used to describe **facts, rules**, and **cause and effect**, and also routines.



When I cook, I always **use** olive oil.

IF clause

("when" can also be used to replace "if")

Main clause

Structure

If  simple present,  simple present

Simple present  if  simple present

Examples:

- If it **rains**, the floor **gets** wet.
- If you **study**, you **get** good grades.
- Plants **die** if they **don't get** enough water - inversion - it's also possible to switch the order, and place the main clause in front of the if clause - there is no alteration in meaning whatsoever.
- When you **heat** ice, it **melts**. / If you heat ice, it melts.
- You **get** purple when/if you **mix** blue and red.
- If I **eat** too much, I **feel** sick.
- "Are you telling me that I **get** a free first class ticket if I just **use** this card? Wow!"
- If you **want** dedication, **hire** Hugh!
- If you **exercise**, you **feel** a lot better!
- When I **work** in the morning, I **go** to bed early that night.
- If you **don't show up** on time, you **lose** your spot.

Read examples taken from real situations:

- “What if I **lose** my job, Tatsi?” - *Hotel Rwanda*
- “If I **lose** this job, I **gotta** **start** all over again.” - *Jackie Brown*

informal contraction: **have got to = gotta**
(Used when speaking or writing informally)

- “If she **loves** me, **blink** one eye.” - *We’ve Forgotten More Than We Ever Knew*
- “If you **lose** your faith in me, please **keep** your faith in people.” - *The Dark Knight*
- “If you **listen** to what men say about what they want in their lives, gender equality **is** actually a way for us to get the lives we want to live.” - Michael Kimmel
- “When you **love** someone, you **love** the person as they are, and not as you’d like them to be.” - Leo Tolstoy
- “I **don’t care** if love **is** madness. I still love it.” - Jason Silva
- “If any problems **are spotted** by specialists there, a suitable course of treatment **is** recommended.” - Alice Rawsthorn



Now moving on to the **FIRST CONDITIONAL**! It is mainly used to talk about actions or events that are likely to happen in the future. The idea is that: **IF** something happens in the present, something else **WILL** happen in the future as a consequence of that (the action in the present is the condition for the action/event in the future to become a real possibility).



If I stay up too late, I **won’t** be able to work tomorrow.

IF clause
simple present

Main clause
simple future

Structure

If  simple present,  simple future

Simple future  if  simple present

Examples:

- If I **go** to the happy hour, I'll be tired tomorrow morning.
- If you **talk** to Mary, she **may** be able to help you.

↓
since the main clause is about a **possibility**, it's also possible to use other modal verbs that indicate future possibility - may, might, can...

- I **won't** sleep tonight if I **drink** too much coffee.
- I **might be able** to talk her into helping us if you **give** me a chance.
- They'll **definitely** invite you if you **talk** to them.
- You **must** visit the Eiffel Tower if you **go** to Paris!

↘ Just as "might" and "may", if you're recommending something or talking about an obligation, "must" is also welcome!

- **I'm gonna** (going to) tell her how I feel if I **see** her at the party!

↘ Since the "main clause" is a future possibility, a realistic possibility, we can also use "going to"

- If Patrick **comes**, you **can** ask him to join you.

Read examples taken from real situations:

- "I **have** no idea if any books **are gonna** sell." - Seth Casteel - Talks at Google
- "I **don't know** if I'll **be able to** make that happen." - Katharine Mcphee

- “If she’s **not** back with the girls by then, she **may not** be coming.” - *Hotel Rwanda*
- “I need to go and see if it’s still available and if they’ll **have** me.” - *The Guernsey Literary & Potato Peel Pie Society*
- “If I **tell** you, **will** you let me go?” - *The Dark Knight*
- “If you live near a Whole Foods, if no one in your family serves in the military, if you’re paid by the year, not the hour, if most people you know finished college, if no one you know uses meth, if you married once and remained married, if you’re not one of 65 million americans with a criminal record... If any, or all of these things **describe** you, then accept the possibility that actually, you **may not know** what’s going on, and you may be part of the problem.” - Anand Giridharadas

What if...? What about the title of this lesson? When do we use it?

Well, it’s always used in the beginning of a question, when we want to ask about a possible outcome to a certain action. It’s used for present or future consequences/possibilities.

Examples:

- What if we **go** to the mall later? (as you can see, in the present, it can sound as a suggestion of what could happen, almost like an invitation in this example)
- What if she **leaves** me? (here, even though it’s in the present, it’s being used to talk about a future possibility or consequence. She will leave if something that has been mentioned before happens)
- “What if I **am** crazy?” - *Twelve Monkeys*
- “What if I **helped** you find your family?” - *Blood Diamond* (here, the verb that follows is in the simple past. Instead of using the simple present and giving a more direct suggestion, the use of the simple past allows us to see that it’s more of a consequence. The person who said this is trying to see if they can make the other change their mind by indicating that this “What if...?” suggestion can change the expected outcome.

Recommendations:

- ★ *What If...?*, available on Disney + (this series is great to practice conditionals)
- ★ *What If*, by Coldplay
- ★ *Parachute*, by Cheryl Cole
- ★ *If I Die Young*, The Band Perry
- ★ *If You Don't Know Me By Now*, by Simply Red

LESSON 02: SAME OLD, SAME OLD!



In this lesson, the focus will be on reviewing some of the structures we've seen in previous courses.

The most common environment in which you will see the **simple present** tense being used is to talk about daily activities and routines! However, it's also pretty common to see it being used in the scientific world, when giving directions and when talking about scheduled times.

Let's review the structure first!

AFFIRMATIVE:

I
You
We
They





 verb (infinitive)  complement

He
She
It

 verb (infinitive)  **S** or **ES**  complement





NEGATIVE:

I
You
We
They

   verb (infinitive)  complement




(do not = don't)




He
She
It

   verb (infinitive)  complement

(does not = doesn't)

INTERROGATIVE:

Do  I  verb (infinitive)  complement
 you
 we
 they

Does  he  verb (infinitive)  complement
 she
 it

The first thing we're going to review with these structures in mind is how to use them when talking about **ROUTINES AND DAILY ACTIVITIES**. As the name implies, one of the **simple present** uses is to talk about routine and daily activities in general that are set in the present.

It's extremely common to see routines and daily activities linked to adverbs of **frequency** and **manner**, such as the ones underlined in the previous examples.

Here are a few other expressions that usually come with this use:

- today
- every day \neq everyday
- very well

Reminder: with **he**, **she** and **it** the verbs come with an **-s** or **-es** in the end in the affirmative form, and **doesn't** in the negative (in the negative form, the -s or -es in the end is **no longer** necessary, it's as if the **-s** is in the auxiliary verb "does**n**'t". And following the pattern for interrogative forms, the auxiliary verb is placed **before the subject** (do or does).

Examples:

- I always **read** the newspaper in the morning.
- We generally **visit** my grandparents on the weekends.

- My sister **walks** to school every day.
- **Do** you **exercise** regularly?
- **Does** *your mom* **work** from home?
- I **don't have** a dog.
- Don't worry, he always **arrives** a little bit late.
- My brother John **doesn't play** football very well.
- They usually **go** to school in the afternoon.
- She **loves** chocolate cake, **it's** her favorite!
- I hardly ever **play** tennis during P.E. **I'm not** very good at it.

When referring to **UNIVERSAL TRUTHS**, the simple present becomes a **timeless** action, specifically because it mentions a fact that is considered to be true **despite** time and period. Here are some examples of where you might see this occurring: mathematics and science; when something is ordinary or periodical to a species or group of people/animals.

Examples:

- *The sun* **is** hot.
- *Fish* **live** in the sea.
- *Babies* **drink** milk.
- *Joana* **is** my mom.

FEELINGS, OPINIONS AND PREFERENCES. This is widely used to say that we like or dislike something, that is, to express feelings and opinions about many different things.

Examples:

- Jason **likes** spicy food.
- I **think** Valerie **has** a point.
- I **don't agree** with you.
- I **prefer** to eat lasagna tonight.

We usually use the **imperative** form to give **DIRECTIONS AND INSTRUCTIONS**. It's commonly used in recipes, manuals or when helping someone who's lost.

Examples:

- **Mix** the egg yolks and the sugar together.
- **Bake** the cake in the oven for 30 minutes.
- **Turn** left at the roundabout and then **turn** right at the junction.
- “**To set** the date, **unscrew** and **pull out** the crown one time. **Turn** the crown to **change** the date.”

FIXED/SCHEDULED ARRANGEMENTS. This use is heard when talking about **arrivals, departures, timetabled** events and **itineraries**. So this is used for future **fixed** events that are not likely to change at all. A common place you'll hear this is at the airport!

Examples:

- The plane **leaves** at 5pm.
- My mom **arrives** tomorrow.
- Billy **retires** in 5 years.
- I **start/leave** work at 8pm.
- Hurry up! The train **leaves** in 5 minutes!

More examples:

- I only **eat** chicken.
- She **catches** the bus to school every morning.
- The Earth **revolves** around the Sun.
- I **don't speak** Italian.
- He **doesn't know** how to get to the farmer's market.
- Water **freezes** at 0°C.
- Julian **arrives** this afternoon from Boston!
- **Does** that **sound** right?
- **Do** you **listen** to rock?
- **Add** two tablespoons of flour and one tablespoon of baking soda.
- “What **does** he **look** like in person?” - *Secrets & Lies*
- “He **leaves** them at the crime scenes.” - *V For Vendetta*

LESSON 02: AT THIS VERY MOMENT!

As you probably remember, we use the **present continuous** (or progressive) to talk about things that are ongoing, that are happening at the moment of speaking. How about we review some of its uses?

As opposed to the simple present, the **present continuous** is used to talk about continuous actions in the present and that are usually happening *simultaneously* with the moment of speaking - this is the main use. You will learn one more use in the next unit (5)!

AFFIRMATIVE:

Subject  verb **to be**  verb (gerund - ing)  compl.

NEGATIVE:

Subject  verb **to be + not**  verb (gerund - ing)  compl.

INTERROGATIVE:

Verb **to be**  subject  verb (gerund - ing)  compl.

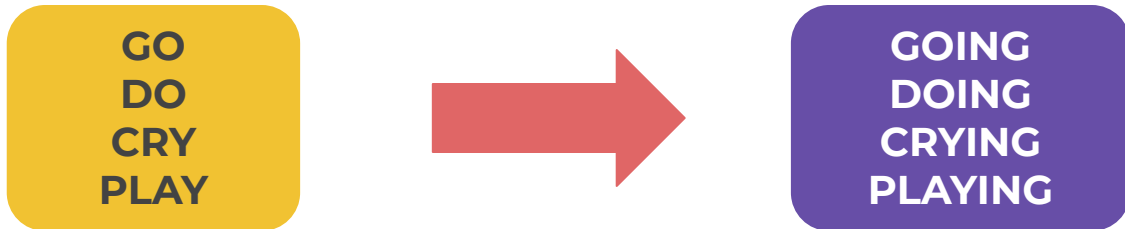
It's quite common to see **time expressions** (adverbs) indicating the continuity of an action.

Reminder: they are usually used at the **end** of a sentence. Take a look at some examples:

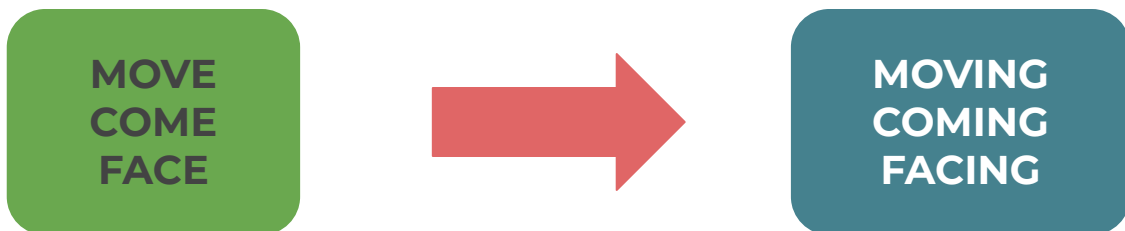
- this week/month/year/morning...
- now/right now
- at the moment
- today/tonight

TIPS:

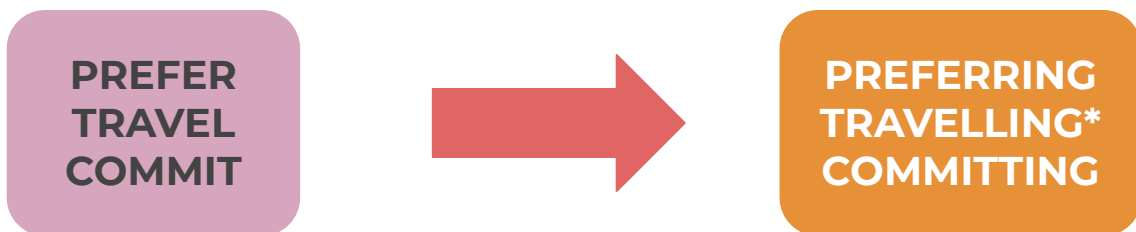
To form the present continuous tense, it's necessary to add the -ing in the end of the verb, such as:



However, when the verb ends in -e, we drop the -e, and add the -ing:

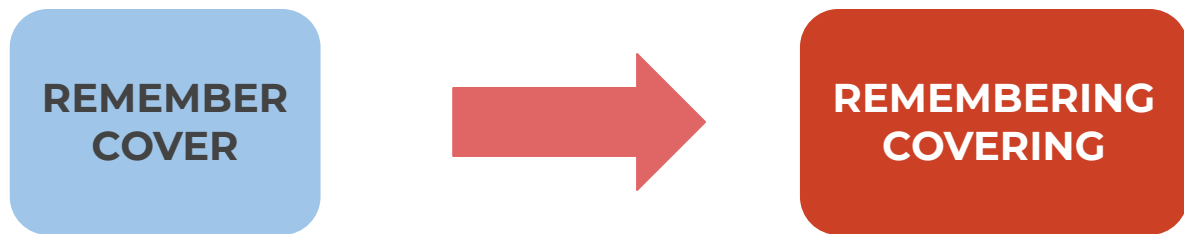


When the verb ends in CVC (consonant, vowel, consonant) and it's the stress syllable (the strongest), we double the last consonant:



* The word “travelling” is only written with double “L” in British English. In American English, it's more common to see “traveling”. The same happens with other verbs ending in “L”, such as “control” = **controlling** or **controling**.

When the verb ends in **CVC** (consonant, vowel, consonant) and it's NOT the stress syllable (the strongest), we don't double the last consonant:



Examples:

- Shhh, the kids **are sleeping**!
- The Sun **is shining** at the moment.
- I'm **teaching** the present continuous right now.
- My wife **is working** over there.
- What **are** you **doing**?
- No, I'm **not wearing** Arthur's T-shirt. It's mine.
- I'm **trying** to fix my broken shelf, but I think I might need your help.
- She's **doing** her best!
- Why **are** you **teasing** him? Stop it!
- "**Is** Mary **studying** right now?" "No, **she isn't**. Come in."
- Where **are** you **going**? I need to talk to you.
- I'm **not feeling** well.
- **Am** I **losing** my mind? I don't understand!
- My students **are writing** several articles on different topics this semester.
- "**Right now**, our species is propagating a environmental disaster of geological proportions that is so broad and severe, it can rightly be called the sixth extinction." - Kenneth Lacovara
- "Hailey, what are you watching **at the moment**?" - *Vogue* - Hailey Bieber

Recommendations:

- ★ *Friday I'm in Love*, by The Cure
- ★ *Just The Way You Are*, by Bruno Mars
- ★ *Room*, available on Netflix
- ★ *For No One*, by The Beatles
- ★ *Black or White*, by Michael Jackson
- ★ *Shallow*, by lady Gaga and Bradley Cooper
- ★ *Shape Of You*, by Ed Sheeran
- ★ *I'm Still Standing*, by Elton John
- ★ *The Climb*, by Miley Cyrus
- ★ *AM I DREAMING*, by Lil Nas X, ft. Miley Cyrus

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V O C A B U L A R Y

LESSON 03: KEEP GOING!

One of the most important things to consider when learning a new language is to have consistency, perseverance and go at your own pace. It's pretty simple: in order for you to memorize something, whether it's a combination of numbers or a new language, you have to be exposed to it constantly and repeatedly.

Take a look at some tips on how to apply this to your study routine:

1. Connect the language with something you're interested in, such as music, movies, a series... This is probably the easiest way to maintain consistency in your studies. The key is to choose something that was made **by** and **for** native speakers or **for** ESL (English as a Second Language) students.
2. Focus more on learning vocabulary and useful expressions instead of grammatical structures (which you'll easily learn **intuitively** through the constant touch with the language).
3. Practice conversation **alongside** vocabulary, expressions and grammar rules.
4. Study for at least **30 minutes** every day!
5. Let the language tell you exactly what you **need** to learn! As you speak and practice, you'll become more confident and be able to identify what's missing.

In order to talk about perseverance, consistency and skills, it is important to go over some extremely important adverbs, adjectives, phrasal verbs and expressions. Take a look:

1. Adverbs:

- only: limited to an amount of something

It's **only** a matter of practice.

"I **only** need about £100,000." - *The Imitation Game*

"She **only** can address herself effectually to the heart and the feelings of others, whose mind glows with the warmth of sensibility, and whose arguments result from conviction." - *Pride and Prejudice*

- merely: used to emphasize that you mean exactly what you are saying and nothing more

You **merely** have to do one lesson a day.

"Rudeness is **merely** the expression of fear." - *The Grand Budapest Hotel*

"Wisdom is not **merely** a matter of reasoning. It's also a matter of experience." - *Is Buddhism the most logical religion?*

- barely: only just, by the smallest amount

They were **barely** 4 when they started learning Japanese.

"If you're referring to the incident with the dragon, I was **barely** involved." - *The Lord Of The Rings: the Fellowship Of The Ring*

"I stood in stunned silence, tears were racing down my face, and my hands were covering my eyes, and I was hit with such rage and such pain that I could **barely** speak." - Simone Reyes

- just: only, simply

Ok, **just** one more page.

"It's a celebration. It's **just** this once." - *Black Swan*

"Other than that, it was **just** me and a bunch of guys." - Jodie Foster

Adverb position:

- at the beginning - **Sometimes**, I can't understand what my French teacher says.
- at the end - Why do you always have to speak **so quickly** (so fast)?
- after the verb *to be* and all auxiliary verbs: *can, may, will, must, shall, and have*, when *have* is used as an auxiliary - You can **definitely** learn English.

2. Adjectives:

- skillful: talented

Victoria has displayed several **skillful** techniques in her paintings.

"A person can become **skillful** in dealing with adversarial relationships." - *Notes from the West Pole*

"He's not untalented, but he's a very **skillful** operator." - *The Meyerowitz Stories (New and Selected)*

- constant: something that never changes, or that happens a lot or all the time

He struggles to maintain **constant** attention.

"I want **constant** surveillance on Captain Queenan, starting right now." - *The Departed*

"Regardless of your time and space, there are some things that are **constant**." - Julia Galef

- monotonous: that does not change, boring, dull

Studying through one single method for a long time can be quite **monotonous**.

"Otto, if every scene is brilliant, your movie is going to be utterly **monotonous**." - *Trumbo*

- outstanding: much better than what is considered normal and usual; excellent

You did an **outstanding** job. Congratulations!

"We also acknowledge the **outstanding** generosity provided by The Ford Foundation and the Andy Warhol Foundation of the Visual Arts."
- Press Preview: Julie Mehretu, Madeline Hollander, Andrea Carlson

- determined: someone who really wants to get something done, and won't let obstacles get in their way

I'm **determined** to graduate before 2023.

"But we are **determined** that justice will be done." - Ghandi

"She is **determined** to find a better life for her daughter." - 5 Brilliant Books by Women | #BookBreak

- proactive: taking action by causing change

In my opinion, a **proactive** attitude is the best way to learn a new language.

"No, of course not, Lizzie. I'm just being **proactive**." - *Shaun of the Dead*

"We're *gonna* need a **proactive** solution from tech companies, from lawmakers, law enforcers and the media." - Danielle Citron

- eloquent: someone who give clear and powerful messages

When you listen to an **eloquent** speaker, you always understand the message.

"I don't care how **eloquent** you are. Nothing takes the place for being prepared. If you're prepared, then you can bounce between issues." - The Art of Appellate Advocacy

"I knew that when Miss Shields read my magnificent, **eloquent** theme that she would sympathize with my plight, and everything would work out, somehow." - *A Christmas Story*

* These adjectives are also great to describe yourself in a work situation too!

3. Phrasal verbs:

- look something up: find the meaning in the dictionary / to check if a fact is true or not

If you don't know the spelling, you should **look it up** in the dictionary.
 "You can **look it up** on Google, and you can see pictures of what these people look like." - 2018 Reads | Books 36-45

"They're *gonna* have to **look it up** in a book." - *Greater*

- take in: understand or remember a piece of information, or absorb something

I had to read that book twice before I could **take it all in**.

"We simply lack the biological hardware to actually **take in** all of the information that's competing for our attention today." - *The Role of Curation*

- go over: review / examine / move towards someone/something/somewhere

Jan, could you **go over** this report?

"That still gives us plenty of time to **go over** everything." - *The Shining*

"**Go over** to the Trans Am over there. The car over there. Come on, move it!" - *Prisoners*

- put off: postpone / to push people away

"Don't **put off** until tomorrow what you can do today"

"Anything to **put off** actually running the country." - *Love Actually*
 Lary keeps asking me to help him with his Portuguese homework, and I keep **putting him off**.

- hand in: deliver to an authority figure (e.g.: a professor)

Don't forget to **hand your papers in** by Tuesday.

"Do you realize what would happen if I **hand in** my reports in your handwriting?" - *Back To The Future*

- hand out: to give something to all people in a group

Mr. Berry asked Elizabeth to **hand out** the flyers (leaflets).

“Why don’t we just **hand out** blindfolds, Cap?” - *Saving Private Ryan*

- read up: to spend time reading in order to find out information about something

It’s important to **read up** on a city before visiting it.

“I **read up** on many cases, and I found out that the lack of justness is not just a problem in Afghanistan, but it’s a global problem.” -

Kimberley Motley

4. Expressions and idioms:

- teach someone a lesson: punish someone for doing something wrong

My mom **taught** my brother **a lesson** after he skipped class.

“It **taught** them **a lesson** that invaders risked destruction within the United States.” - Alan Taylor

- show of hands: when people raise their hands to indicate a vote

The students voted **by** a **show of hands**.

“**From** your **show of hands**, it looks like many of you have seen a Pixar movie, but very few of you recognize Ed Catmull, the Founder and CEO of Pixar.” - Linda Hill

- cover a lot of ground: discuss many things or go over a lot of information

We **covered a lot of ground** in today’s lesson!

- copycat: someone who copies someone else

Kenny called him a **copycat** for choosing the same topic for the final paper.

- figure something out: to finally understand something or find a solution to a problem

I can't **figure out** what he meant by that comment.

"You **figured out** my whole scheme." - *The Help*

- teacher's pet: a student who gets special treatment from the teacher

She always gets away with everything because she's the **teacher's pet**!

- class clown: a student who tries to make other students laugh

Class clowns always go to the principal's office.

"When you were in school, were you the **class clown**?" - *Top Five*

Recommendations:

- ★ Lost Boy, by Ruth B
- ★ Barely Legal, by The Strokes

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LESSON 04: THERE'S NO COMPARISON!

Have you ever found yourself comparing things? Shapes and sizes, food, and skills? Comparison is everywhere we go and it's important to know how to deal with it and how to talk about it!

In English, as you've probably heard of, we use the **COMPARATIVE FORM** to compare things or people! So first things first, let's take a look at different ways we can do it.

1. -(i)er... than:

- short adjectives (one-syllable)
- two-syllable adjectives ending in -y
- two-syllable adjectives ending in -er, -le, -or and -ow

Examples:

- My sister **is older than** me.
- I'm **happier** today (**than** yesterday!)
- The road **is** getting **narrower**.

2. more... than:

- most two-syllable (or more) adjectives
- adverbs ending in -ly

Examples:

- I think this pen **is more useful than** that one.
- Could you speak **more slowly** please?

Besides these two common forms - in which you're stating that one part is somewhat **more...** than the other - there's also one more use for a different purpose. If you need/want to express **similarity** or **difference**, you can use:

3. (not) as... as

Examples:

- She **is** just **as smart as** he (is).
- The test **was not as easy as** I thought it would be.
- **(This is as)** Simple **as** that!

Moving forward, you might feel the need to say that something is the **most...** out of a specific group. To do so, we can use the **SUPERLATIVE FORM**:

1. the ... (i)est

- short adjectives (one-syllable)
- two-syllable adjectives ending in -y
- two-syllable adjectives ending in -er, -le, -or and -ow

Examples:

- John **is the nicest** person I know.
- Joana **is the happiest** student in her class.

Common **adjectives** you might come across:

- | | |
|---------------------------------------|--|
| • old (older <u>er</u> /oldest) | • far (farther <u>er</u> ,
further/farthest,
furthest) |
| • happy (happier <u>er</u> /happiest) | • long (longer <u>er</u> /longest) |
| • fast (faster <u>er</u> /fastest) | • cold (colder <u>er</u> /coldest) |
| • big (bigger <u>er</u> /biggest) | • dark (darker <u>er</u> /darkest) |
| • hard (harder <u>er</u> /hardest) | |
| • high (higher <u>er</u> /highest) | |
| • tall (taller <u>er</u> /tallest) | |
| • hot (hotter <u>er</u> /hottest) | |
| • cheap (cheaper <u>er</u> /cheapest) | |
| • short (shorter <u>er</u> /shortest) | |

Common **adjectives** and **adverbs** you might come across:

- beautiful (more beautiful/*most* beautiful)
- intelligent (more intelligent/*most* intelligent)
- expensive (more expensive/*most* expensive)
- modern (more modern/*most* modern)
- powerful (more powerful/*most* powerful)
- difficult (more difficult/*most* difficult)
- distant (more distant/*most* distant)
- carefully (more carefully/*most* carefully)
- important (more important/*most* important)

Examples:

- “**The longest** storm ever recorded on Earth was Hurricane John in 1994.” - Primal Space: The Power of Jupiter's Red Spot
- You're only a couple (of) inches **taller than** me.
- “Listening to kids is one of **the most important** things any of us can do.”
- “**As crazy as** it may sound, shouldn't every student have an academic experience that's **as memorable as** prom?” - Dan Heath

Recommendations:

- ★ *Groundhog day*, available on Youtube
- ★ *Edge of tomorrow*, available on Netflix
- ★ *Harder, Better, Faster, Stronger*, by Daft Punk
- ★ *Never Say Never*, by Justin Bieber, ft. Jaden Smith

WORKBOOK

Intermediate #1

EXERCISES

1) Read the Blog Post from [“So Much Life”: My Morning Routine As A Blogger](#), and answer some questions.

“Mornings are my favorite time of day. I’m kind of obsessed with reading about other’s morning hours. (Ooh, on that note, here’s a quick book recommendation: the book *Daily Rituals* is a fun peek into the daily routines of more than 160 of the greatest philosophers, authors, musicians, and artists from history....it’s a fun read!)

I’m not a full-time blogger; my degrees are in violin performance, so my bread and butter is teaching and playing the violin, and food blogging is a side hustle. Since most of my teaching and gigging happens in the afternoons/evenings and weekends, my morning hours are precious for getting all my blog-related work done. (*I hesitate to even use the word “work” because it’s all just so darn fun!*)

Here’s a pretty normal morning routine for me. I live for these posts on other’s blogs, so hopefully it’s something you enjoy, too!

5:37 a.m: alarm goes off.

I figured out *exactly* how much time I need to get out of bed, brush my teeth and wash my face, change clothes, and get to The Barre Code for a 6 am class. Haha!

When I’m not taking a morning workout class, I’ll sleep until about 6:30 or so. I love waking up early because I love those quiet hours of productivity. Once I got used to having those early hours, I got addicted to the productivity! Now **if I sleep until 8 or 9, I wake up feeling kind of bummed** that I’m just getting started on my day.

6:00-6:50 a.m: barre class!

Waking up early isn’t the easiest thing, but once I get to my barre studio I’m soooo glad to be there! Thank goodness those instructors are caffeinated, cause I’m sure not! My favorite way to start the day is by slowly warming my body up, then doing resistance training for 50 minutes.

I feel invigorated and strong when I’m done with class, so I’m ready to move on to the next thing and have a productive morning. **If I skip too many morning workouts, I start to get in a slump** and I don’t get as much done in my days.

7:00 a.m: back home, MAKE COFFEE.

I always walk in the door, greet Storm (Nate’s still sleeping), and immediately turn the kettle on for making a morning cup of coffee. I need my coffee, haha!

We’re currently subscribing to MistoBox. They send a new bag of coffee every week, and it’s so fun getting a surprise package on the weekends to enjoy for the next 7 days.

Here’s a run-down of how I make my coffee. I usually brew on a Kalita Wave or an Aeropress.

EXERCISES

7:15: quick shower, put on real people clothes.

I usually don't do hair/makeup yet, but I'll at least put on jeans and a sweater so I feel semi put-together. I'm pretty convinced I'm about 10% more productive when I'm wearing real clothes instead of yoga pants.

7:30 a.m: alignment.

This is some form of journaling/meditation/visualizing/reading. I usually spend 20-30 minutes doing something that just makes me feel good. I totally agree with Jess Lively that "alignment before action" is an important step. So, even if I'm busy and have a ton on my to-do list, I'll try to spend at least a few minutes getting my headspace in order.

Sometimes it just means finishing a really good book I'm reading! But other days I'll be more intentional about doing 10 minutes of meditation on the headspace app to get my mind prepared for the day.

8:00 – 10:00 a.m: desk time.

While I'm working, I'll usually snack on something like a Siggis yogurt, a Kind bar, a smoothie, or a bowl of oatmeal for breakfast.

I've been using Omnifocus to make my to-do lists and projects, so I try to start my day by opening that and tackling the next project. (LOOOVE this tool!!) The \$40 price tag on an app is a little daunting, but I'd say that it has more than paid for itself in all the free time it's created for me from the 3 years I've been using it.

A few things I'll do during this time:

- Admin work for my teaching position (I run my own teaching studio, so I typically have some accounting/scheduling work to do.)
- Answering blog-related emails. It's a never-ending pile!
- Brainstorming/writing new posts.
- Planning posts to publish on other social channels (Instagram and Pinterest are my two favorites!)
- Edit photos

That's how I love to start my day! A workout, some alignment, a couple cuddles from my kitten, a kiss from my hubby on his way out the door, and then several hours of focus. AND COFFEE."

- a. There are 2 conditional sentences in the text. Why did she use the Zero Conditional and not the First Conditional?
- b. Is blogging her only job? What else does she do?
- c. What does the "alignment" part of her morning routine mean?

2) Match the columns in order to form a conditional:

- a. I'll call you tomorrow
- b. If he gets caught
- c. When I listen to music
- d. Will you help me

- 1. I calm down
- 2. he might go to jail
- 3. if I have time
- 4. if I fail?

3) Listen to the song [*If I Ain't Got You*, by Alicia Keys](#), and fill in the blanks.

Some people live for the _____ (1)

Some people want it all

Some people live just for the fame

But I _____ (5)

Some people live for the power, yeah

_____ (6), baby

Some people live just to play the game

_____ (7), baby

Some people think that the _____ (2)

Some people want diamond rings

Define what's _____ (3)

Some just want everything

And I've been there before, but that life's a bore

But everything _____ (8)
nothing

So _____ (4) of the superficial

If I ain't got you, yeah

EXERCISES

Some people search for a fountain

That promises _____ (9)

Some people need three _____ (10) roses

And that's the only way to prove you love them

Hand me the world on a silver _____ (11)

And what good would it be?

With no one to share

With no one who truly cares for me

Some people want it all

But I don't want nothing _____ (12)

_____ (13), baby

If I ain't got you, baby

Some people want diamond rings

Some just want everything

But everything means nothing

If I ain't got you, you, you

Some people want _____ (14)

But I don't want nothing at all

If it ain't you, baby

If I ain't got you, baby

Some people want diamond rings

Some just want everything

But everything means nothing

If I ain't got you, yeah

4) Read the comic strip taken from FUVEST and complete with the correct form of the conditional. Explain your choice.

"And I ever _____ (catch) you downloading dirty pictures from the internet again, young man, I _____ (wash) your mouse out with soap."

5) Take the verbs from the box and put them in the correct form in the appropriate sentence. You might need to put them in the negative sometimes.



- a. He _____ to buy everything he sees. He _____ them because he wants to. There's a huge difference.
- b. I'm meeting up with Linda for the first time tomorrow at noon. Where _____ she _____ to eat?
- c. Julia _____ to the gym every other day. I should do the same.
- d. In summer, the temperature _____ 40°C.

6) Complete the dialogue with the correct form of the Present Continuous or Present Simple:

A: Guess what? I saw Jeremy the other day.

B: Really? How is he? What _____ (do) these days?

A: He's great. He _____ (study) Business in college.

B: That's great news. _____ he _____ (enjoy) it?

A: Absolutely. He _____ (love) it.

B: What about you? How _____ you _____ (get on) with your job?

A: Not bad, not bad at all. The people in my team are great. We _____ (get along) pretty well.

B: I'm happy for you.

7) Fill in the blanks with the correct adverb:

- a. Have you seen Damon? He _____ stayed with us tonight. I miss him.
- b. You're too narrow-minded sometimes, Nick. Life isn't _____ about money. There's so much more to it.
- c. C'mon, Hailey. _____ one more page and we're done.
- d. I've _____ been to Brazil once, but I love it already!

8) Take the adverbs from the box below and put them in the correct sentence:

sometimes

definitely

much

perfectly

- a. I really love my job, but it doesn't pay _____.
- b. I don't know how you did it... It's _____ done.
- c. _____ my mom doesn't like having people over.
- d. Count me in! I'll _____ be there. I can't wait.

9) Match adjective to meaning and then put it in the correct sentence. There is one extra meaning that you will not use.

- 1. **Monotonous**
- 2. **Skillful**
- 3. **Proactive**
- 4. **Eloquent**

- a. someone who give clear and powerful messages
- b. boring, dull
- c. talented
- d. taking action by causing change
- e. something that never changes, or that happens a lot or all the time

- a. My life's been very _____ lately. I've got to pick up a new hobby!
- b. Wow. That was beautiful, Tyler. You were extremely _____, dynamic, and clever. Outstanding job.
- c. To me, Daphne needs to put herself out there, be more _____, and show people that she can live up to her expectations.
- d. Ever since we met, you've presented yourself as a very _____ person. You always do your best when you put your mind to it. That's admirable.

10) Complete the sentences with a word from A and another from B.

A

take

look

hand

put

B

up

off

in

in

- a. How pissed are you going to be if I tell you we might need to _____ our meeting? My dad just called, I have to take him to the hospital.
- b. Remember something: these are just guidelines, if you have any questions, don't be afraid to _____ it _____.
- c. When will you _____ your final paper? I just gave mine to the professor.
- d. Last meeting Matt said so much that it took me a while to _____ it all _____.

11) Read the following. Each letter describes a person. Match the description to an idiom seen during the lessons.

- a. Laurie is my big sister. She is completely different from me. She is dedicated to her studies and her academic life. Some might even say that she gets special treatment because of her good grades and unquestionable correct behavior.
- b. Back in the day, I was that guy who just couldn't keep quiet. Everything started me off and made me want to tell a joke... Teachers didn't love me.
- c. Fulton used to do everything that I did when we were kids. He would dress as me, say whatever I say... It was quite annoying.

12) Complete the following sentences with the correct comparative form of the adjectives:

- a. I'm disappointed at him... He was _____ (interested) in playing video games than hanging out with me.
- b. I don't mean to brag, but my presentation was definitely _____ (convincing) his.
- c. The apartment looks a lot _____ without all the furniture!
- d. Are you kidding? Ted is not _____ Lucca. Lucca is the tallest person I know.

13) Create sentences using the superlative form to describe the situations given. Follow the example:

You just got back from an interview. The interviewer was extremely disrespectful.

(bad) It was **the worst** interview I've ever been to.

- a. Larry told you a joke about a dog, and you thought it was very funny.
- b. You just got back from a ride with a friend. You had a lot of fun.

14) Read the article [How I Learned to Stop Comparing Myself to Others](#), and the answer some questions.

“My friends were like a mirror. All I could see were my shortcomings staring back at me.

If I had to guess, I'd say that human beings have been comparing themselves to one another since the beginning of time. I have no doubt that prehistoric man envied the size of his neighbor's cave or coveted his admirable flint skills.

Sometimes these comparisons can be helpful. They can give you a blueprint for improvement and inspire you to change. Other times, they can be a means to pick yourself apart and see everything that you think is wrong with yourself.

Comparison has mostly been a fleeting experience for me. I'd note my friends' successes or an influencer's figure on Instagram and feel envious, but the pain was always short-lived. That was until a new girl joined my social circle. She was everything I wasn't. Or everything I *thought* I wasn't. Bright, funny, outgoing. People adored her instantly, and luck always seemed to land squarely at her feet.

Lisa* quickly became one of my close friends. Despite our deep bond, her brilliance tore me apart. She was like a mirror, but all I could see were my shortcomings staring back at me. Everything I achieved felt tainted by her achievements, which, somehow, always seemed superior. I could never measure up, no matter how hard I tried. It crushed me on a daily basis.

I might have expected these feelings at 16, but I was 30, a grown-up, and someone who rarely felt threatened by another's success. But Lisa brought my insecurities into sharp focus. On an intellectual level, I knew there were things that were great about me. But emotionally, I just couldn't get there.

By comparison, everything in my life seemed less. I wasn't as pretty nor as fun. I wasn't as fearless nor as talented. I didn't have as many friends, and I wasn't as appealing to the opposite sex.

My confidence was taking a beating, and I felt truly worthless. All of these feelings were amplified by the guilt I had for feeling this way about a friend. I searched the internet far and wide for some practical advice I could use to help me get past these feelings.

I knew that I was going to need some serious help to get over this. With much trepidation, I put my fears to one side and enlisted the support of Sarah, a life coach who would eventually guide me out of this funk.

Over the course of several weeks, Sarah gave me a practical toolkit that would help me stop comparing myself to others and recognize the beauty and value of my own uniqueness. Here's what she taught me.

Name your inner critic

Sarah cut right to the chase on our very first session and explained something important to me: Naming something gives it less power. Sarah had me give my inner critic — that critical voice inside that points out all of my perceived inadequacies — a name.

I settled on the name Ciara, and as we got better acquainted, I discovered she was particularly nasty. Ciara wanted me to think I was never good enough. She liked to remind me that I often let fear get the better of me, that I could stand to lose a few pounds, and that I'm an awkward mess in big groups.

It was agonizing to hear how I'd let this voice in my head berate me. Now that I'd given her a name, I could recognize when she spoke up. I could begin the next crucial step in freeing myself from the comparison trap: starting a conversation with her.

Be your own best friend

I've always considered myself a good friend, but Sarah pointed out that I wasn't being a particularly good friend to myself. "How would you comfort a friend in a crisis?" she asked me. I replied that I would sit with her and discuss her feelings. I'd comfort her and remind her what a great person she is. I'd probably give her a great big hug.

Sarah told me that when Ciara gets in the driver's seat, I need to speak to her with love and understanding. When Ciara would pop up in my head, I started a dialogue. I'd ask Ciara how she was feeling and why she might be feeling that way. I'd empathize with her, offer her words of encouragement, and remind her of all the reasons she's great.

Sarah had one simple rule: If you wouldn't say it to a friend, don't say it to yourself. By following this rule, I started to understand where some of my insecurities were coming from. I was able to unpack why Lisa triggered these feelings in me. I came to realize that both of us were at similar points in life and that she was excelling in the exact areas I felt I was failing.

Keep a record of achievements

When we compare ourselves to others, we focus on all of their strengths and achievements and ignore our own. That's why Sarah encouraged me to keep a record of all the good things I had done.

It didn't matter what they were: If it was something I felt proud of, I made a record of it. Soon, I had a bulging folder of things I had accomplished over the weeks. If I aced a project at work, I recorded it. If I helped a friend in a crisis, it went in. If I dragged myself to the gym on a morning I really didn't want to go, I wrote it down.

Looking at all I had achieved, both big and small, bolstered my self-esteem. I felt a swell of pride. Lisa was great, I realized, but in so many wonderful ways, so was I.

Practice self-care

Running a hot bath and pouring yourself a glass of wine can be great self-care, but we can take it even further. Self-care can involve honest and continuous introspection, according to Sarah. It's a process of looking inward and seeing what you find. Sarah encouraged me to keep a journal and jot down my thoughts, particularly when I was in a self-esteem spiral.

Once those thoughts were on the page, I had the power to observe them and decide whether or not they were true or just a result of me feeling inadequate. I was able to unpack them and decipher where they may have come from, and it was incredibly freeing. It wasn't always easy. Confronting some of my darker feelings was hard, but looking them straight in the eye gave me the power to begin moving forward.

Be proactive

My comparison journey didn't end after my last session with Sarah. Yes, I felt clearer on my unique talents, skills, and qualities. I was much more confident, and I no longer saw Lisa as a rival. I felt lighter. Friends remarked that I seemed to be in a great headspace.

I wasn't feeling burdened by feelings of inadequacy anymore or worrying about hiding my jealousy. I could celebrate Lisa's successes, as well as my own. Comparing myself made me feel lost. It had deprived me of joy and made me feel miserable. The self-doubt I was feeling played out in other areas of my life.

I wasn't always present with friends because I was playing the comparison game in my head. Dates were doomed to failure because I didn't feel good about myself from the start. Once Sarah gave me the tools, I had a clearer focus on what I wanted in life and how I could get it. I didn't feel burdened by the self-doubt that had held me back before. Shaking off comparison had allowed me to enjoy life again.

Working with these tools is an ongoing practice. Even now, I know I need to keep up that inner dialogue with Ciara and continue adding to my record of achievements. I know it's important to regularly look inward to confront uncomfortable emotions.

Breaking free from comparison is not a linear journey. There are bumps in the road, moments of insecurity, and doubt. But maintaining the practice that Sarah taught me has helped keep my self-esteem on an even keel. There will always be someone prettier, more talented, intelligent, bubbly, or outgoing. For me, the trick is knowing the unique value of what I bring to the table."

- a. By reading the text, why is it important to name your inner critic?
- b. Why did Sarah recommend that she kept a journal for all of her achievements?
- c. How many sentences using comparatives are there in the text?

15) Now it's your turn to talk about comparison. Think about a time when comparison played an important role in your life and how you dealt with it.

WORKBOOK

Intermediate #1

ANSWER KEY

1)

- a. if I sleep until 8 or 9, I wake up feeling kind of bummed / If I skip too many morning workouts, I start to get in a slump - She uses the sentences in the Zero Conditional because she is describing something that could happen during her **routine**, a fact.
- b. No. Blogging is her side hustle. Her bread and butter is teaching and playing the violin.
- c. It's the moment of her routine that she takes to do something that makes her feel good, in order to get her headspace in order and start the day.

2)

- a- 3
- b - 2
- c - 1
- d - 4

3)

- 1. fortune
- 2. physical things
- 3. within
- 4. full
- 5. don't want nothing at all
- 6. If it ain't you
- 7. If I ain't got you
- 8. means
- 9. forever young
- 10. dozen
- 11. platter
- 12. at all
- 13. If it ain't you
- 14. it all

4)

catch / 'll wash

The First Conditional is being used here because it's referring to a future possibility, something that could come true if something else happens in the present.

5)

- a. doesn't need / buys
- b. does / like
- c. goes
- d. reaches

6)

A: Guess what? I saw Jeremy the other day.

B: Really? How is he? What **is he doing** these days?

A: He's great. He **is studying** Business in college.

B: That's great news. **Is** he **enjoying** it?

A: Absolutely. He **loves** it.

B: What about you? How **are** you **getting on** with your job?

A: Not bad, not bad at all. The people in my team are great. We **get along** pretty well.

B: I'm happy for you.

7)

- a. barely
- b. merely
- c. Just
- d. only

8)

- a. much
- b. perfectly
- c. Sometimes
- d. definitely

9)

1 - b
2 - c
3 - d
4 - a

- a. monotonous
- b. eloquent
- c. proactive
- d. skillful

10)

- a. put off
- b. look / up
- c. hand in
- d. take / in

11)

- a. Teacher's pet
- b. Class clown
- c. Copycat

12)

- a. more interested
- b. more convincing
- c. bigger
- d. taller than / as tall as

13)

- a. Larry told me the funniest joke ever. (suggestion)
- b. It was the most fun I've had in a long time. (suggestion)

14)

- a. Because when you name something that frightens you, you take away some of its powers, it becomes something more familiar.
- b. So that she could keep track and focus more on her achievements instead of Lisa's.
- c. 9.

15) Personal answer.