

A woman with dark hair, seen from the back and side, looking out at a vast, blue ocean under a cloudy sky. She is wearing a light-colored shirt with a small, dark bird pattern. A black strap, likely from a bag, is visible over her shoulder.

E-TALKING
BEST
FOR YOU

Break Bad Habits

What do you think is the best way to fix a bad habit?

[view](#)



INTRODUCTION

Can do:

Discuss how to fix a bad habit.



GETTING START

Do you have habits that you want to fix? Why or Why not?

If yes, what steps can you take to fix a bad habit?

Vocabulary



Bad habits (phrase): actions that are not healthy

Rid (verb): no longer affected

Prepare (verb): make a plan in advance

Action (noun): a move to do something

Decision (noun): a choice that you make about something
after thinking about it

Actually (adverb): a word used for emphasis, like 'truly' or
'really'

Recover (verb): to get better; to become healthy after an
illness or injury

Failure (noun): someone who is not successful

Reading time : Let's read more about how to fix bad habits

All people have **bad habits**. Sometimes people know they have bad habits. Sometimes they do not know. The best way to learn about your bad habits is to ask somebody who loves you to be honest with you. People who know you will tell you if you have bad habits. How do you get rid of bad habits?

Here are some ideas:



Reading time : Let's read more about how to fix bad habits

You have to want to let go of bad habits. People usually like to hold on to their bad habits. The first thing is to realize that you have to get **rid** of them.

You have to make a list. This list will include the reasons why you want to stop your bad habits.

Get ready to take action. **Prepare** for the next step and be ready for change.





Reading time.....

Take **action**. Do not just make a **decision**, but **actually** do something.

Tell someone. Tell your friends about your plan.

Recover from **failure**. You probably will fail at some point. Be ready to repeat your plan.

Reward yourself, you deserve it!

Comprehension questions :

What do all people have?

What's the best way to learn about your bad habits?

What should you include on your list?

What steps can you take to fix bad habits?



DISCUSSION

What bad habits do you want to change?

Do you think it's easy or hard to change bad habits?

How would you reward yourself?



SPEAKING TASK

Summarize the article and add your opinion.

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ASSESSMENT

Put it into practice

Actually recover failure decision prepare action bad habits

1. Smoking, drinking too much alcohol, and not sleeping enough can be _____.
2. For a large snowstorm, we _____ by buying food and staying warm.
3. The city took _____ to remove the ugly graffiti.
4. She made the _____ to stop working after she had her baby.
5. We _____ planned to leave early, but we were delayed.
6. Her health _____ed after a long sickness.
7. He tried to rescue the business from _____.



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Thank you !

