

100 TOP Daily Routine Phrases: Advanced English Lesson

Subtitle

Vanessa: Hi, I'm Vanessa from SpeakEnglishWithVanessa.com.

Can you use these top 100 sentences to describe your daily life? Let's talk about it.

"100 sentences? Wow, Vanessa, you've really outdone yourself this time." Well, it's true.

Today, I'm going to be taking you through my daily routine, hopefully it's the same as yours as well,

along with these categories, and you will be learning the top 100 sentences and phrases to

talk about your daily life. And to help you never forget what you are about to learn,

you can download the free PDF worksheet that I've created just for you. All of these 100 sentences,

the definitions, the sample sentences, and at the bottom of the worksheet, you can answer

Vanessa's challenge question. You can click on the link in the description to download that free

PDF worksheet today. All right, are you ready to get started with the first category?

What's the first thing you do in the day? Well, you wake up. Let's go see.

10 sentences for waking up in the morning.

"I hate it when my alarm clock goes off, I always push 'Snooze.' What about you?"

"Oh no, I accidentally turned my alarm clock off and I overslept." "I really like to sleep in on

the weekends." Notice the difference between to sleep in and to oversleep. To sleep in can be

an enjoyable thing, but to oversleep is always bad. You're probably going to be late to work.

"I jumped out of bed because I overslept." "It's time to wake up, rise and shine." But

maybe you woke up on the wrong side of the bed, and when you hear someone say "Rise and shine,"

Machine Translation

凡妮莎：大家好，我是 SpeakEnglishWithVanessa.com 的凡妮莎。

你能用这 100 个句子来描述你的日常生活吗？我们来谈谈吧。

“100 句话？哇，凡妮莎，你这次真的超越了自己。” 嗯，这是真的。

今天，我将带您了解我的日常生活，希望它也与您的一样，

以及这些类别，您将学习前 100 个句子和短语来

谈论您的日常生活。为了帮助您永远不会忘记即将学习的内容，

您可以下载我专门为您创建的免费 PDF 工作表。所有这 100 个句子、

定义、例句，以及工作表底部，您可以回答

Vanessa 的挑战问题。您可以点击描述中的链接立即下载免费的

PDF 工作表。好的，您准备好开始第一个类别了吗？

你一天中做的第一件事是什么？ 嗯，你醒了。我们去看看吧。

早上醒来的 10 句话。

“我讨厌闹钟响，我总是按‘贪睡’。” 你呢？”

“哦不，我不小心把闹钟关了，睡过头了。” “我真的很喜欢在

周末睡懒觉。” 注意睡懒觉和睡过头之间的区别。睡懒觉可能是

一件愉快的事情，但睡过头总是不好的。你上班可能要迟到了。

“我睡过头了，从床上跳了起来。” “是时候醒来、起床、绽放光芒了。” 但

也许你起床时心情不好，当你听到有人说“起床了”时，

nothing could be worse. When I finally get out of bed in the morning, I try to make the bed,

make the bed. It makes me feel nice and fresh in the morning when I wash my face

and brush my teeth, then I pick out what I'm going to wear for the day and get dressed.

10 common sentences for breakfast. I usually try to find time to whip up some breakfast before I

get started on my day. My husband turns on the coffee pot to brew some coffee. For me,

I boil some water in the tea kettle for my morning tea. When I have fresh lemons,

sometimes I like to make some fresh lemon juice in the morning.

If I have some bread, like I don't today, I'm sorry, I throw some toast in the toaster.

When I have a little more time, I scramble some eggs for breakfast, straight from my chickens.

Then I realize that I'm going to be late for work, so I scarf down my breakfast. Did you notice this

fast verb? To scarf down your breakfast means that you eat really quickly. There were some other fast

expressions in this section, to throw some bread in the toaster, to whip up your breakfast. It

implies that a lot of us don't leave enough time in the morning, so we have to do things quickly.

I clear the table and put the dirty dishes in the sink. A lot of times, I fill up my

to-go mug and take it to the office. This can also be called a tumbler, especially because

it's insulated and can keep my tea hot all day. The final expression for breakfast is what happens

if you wake up so late and you have no time to drink anything, to eat anything, what do you

say? Well, you could say this. "I overslept, so I think I will get something on the way." You could

say "On the way to the office," but you don't need to. You can say, "I'm going to get

没有什么比这更糟糕的了。当我早上终于起床时, 我会尝试整理床铺,

整理床铺。早上洗脸刷牙时, 我会感觉舒适、清新,

然后我会挑选 当天要穿的衣服并穿好衣服。

10句常见的早餐句子。我通常会 在开始一天的工作之前找时间做些早餐

。我丈夫打开 咖啡壶煮咖啡。对我来说,

我会在茶壶里烧一些水来泡 早茶。当我有新鲜的柠檬时,

有时我喜欢 在早上榨一些新鲜的柠檬汁。

如果我有一些面包, 比如今天没有, 对不起, 我会把一些吐司扔进烤面包机。

当我有更多时间时, 我会 直接从我的鸡那里炒一些鸡蛋作为早餐。

然后我意识到我上班要迟到了, 所以我狼吞虎咽地吃完了早餐。你注意到这个

快速动词了吗? 狼吞虎咽地吃完早餐意味着你吃得很快。

本节中还有一些其他的快速表达, 将一些面包放入烤面包机, 快速准备早餐。这

意味着我们很多人早上没有留出足够的时间, 所以我们必须快速完成事情。

我清理桌子并将脏盘子 放入水槽。很多时候, 我都会把我的

外带杯装满水, 然后带到办公室。这 也可以称为不倒翁, 特别是因为

它具有隔热功能, 可以让我的茶整天保持热度。早餐的最后一个表达是,

如果你起床太晚, 没有时间 喝任何东西, 吃任何东西, 你会怎么

说? 嗯, 你可以这么说。"我睡过头了, 所以我 我想我会路上得到一些东西。" 您可以

说"在去办公室的路上", 但您不需 要这样做。你可以说"我打算在路上买点东西"

something on

the way," or "I'm going to pick up something on the way," and it means you're going to stop by a

little restaurant or a cafe or coffee shop and get something to eat and drink on your way to work.

10 expressions for going to work or school. "It's time for me to head to work." This verb,

to head somewhere, is great when you're going in a direction. "I'm headed to the store, I'm

going to head to work." What are you doing? "Well, I'm heading to school right now." Before I drive,

I always buckle my seatbelt, buckle my seatbelt. Then I back out of the driveway, I back out of the

driveway. Once I'm on the highway, I speed up to drive faster. When I'm stuck in traffic, I need

to slow down, or sometimes completely stop. When I need to turn, it's important to use your blinker,

to use your blinker. I try to avoid traffic on my commute, so usually I leave a couple

minutes early. I have to merge onto the highway. I don't really like doing that, but it's necessary.

While I'm driving, I try to watch out for school buses and pedestrians, I don't want to hit anyone.

The best thing about my commute is that I get to kill two birds with one stone. I drive to

work and I listen to Vanessa's videos on the way. 10 sentences for working with other people in the

office. "Excuse me, when you have a moment, can I ask you a question?" This is an extremely polite

and wonderful question to ask in the office. "I'm sorry, I'm having trouble understanding

the assignment. Can you explain it a little bit more?" "I'm filling in for our manager today

because he's sick." "Do you know who is going to be the lead on this project?" As you can imagine,

”或“我打算在路上买点东西”，意思是你在上班的路上要去一家

小餐馆、咖啡馆或咖啡店 吃点东西喝点东西。

10 个关于上班或上学的表达方式。“我该去上班了。”这个动词，

前往某处，当你朝某个方向前进时很有用。“我要去商店，我

要去上班。”你在干什么？“嗯，我现在要去学校。”开车前，

我总是系好安全带，系好安全带。然后我倒车出车道，我倒车出

车道。一旦上了高速公路，我就会加速行驶。当我被困在交通中时，我

需要减速，有时甚至完全停下来。当我需要转弯时，使用转向灯很重要，

使用转向灯很重要。我尽量避免上下班途中遇到交通拥堵，因此通常我会

提前几分钟出发。我必须并入高速公路。我不太喜欢这样做，但这是必要的。

当我开车时，我会尽量注意校车和行人，因为我不想撞到任何人。

我通勤的最大好处是 可以一举两得。我开车去

上班，路上听 Vanessa 的视频。与办公室其他人一起工作的 10 句话

。“打扰一下，您有时间的话，我可以问您一个问题吗？”这是一个

在办公室里提出的非常礼貌且非常好的问题。“对不起，我不太理解

这项任务。你能再解释一下吗？”“我们经理病了，今天我来代替

他。”“你知道谁将负责这个项目吗？”你可以想象，

this word, the "Lead," is short for the "Leader," but in the office, you will often hear just "The

lead." "I'm the lead on that project." "Great." When you work with customers, it's great to say,

"Hi, how can I help you? Hi, how can I help you?" Or you can say, "Thanks for your patience, I'll be

right with you." This is a great phrase to use on the phone as well, if you're talking with a client

or with a customer, or with anyone really, and you can't talk with them right away, you might say,

"Hi, thanks for your patience, I'll be right with you." Perfect.

The last four sentences use extremely common and useful idioms for the workplace. "I think I'm

going to have to bite the bullet and tell my boss about the mistake that I made on that report."

"Well, that plan didn't go like I expected. I guess it's back to the drawing board." You don't

need to be an architect or an artist to use this expression, it's just an idiom. So if you need

to completely scrap your plans and start over, you can say, "I guess it's back to the drawing board."

When you work on a group project, it is incredibly important to pull your own weight.

Can you imagine what this means? It means that you don't just sit there and wait for other people to

do the work. Instead, you are contributing an equal amount, you're pulling your own weight

and being an equal member of the group. The final office expression I use all the time,

you might say, "All right, let's touch base next week after the project has already gotten

started." To touch base is kind of a baseball expression, and it means "Let's check in, let's

talk to each other and kind of see where we're at. Let's touch base next week. You don't need

"Lead"这个词是"Leader"的缩写，但在办公室里，你经常听到的只是"The

lead"。"我是该项目的负责人。""伟大的。"与客户合作时，最好能说：

"嗨，我能为您做些什么？嗨，我能为您做些什么？"或者您可以说，"感谢您的耐心，我

马上就来。"这句话在电话中也很适用，如果您正在与客户

或顾客交谈，或者与任何人交谈，而您不能立即与他们交谈，您可能会说，

"嗨，感谢您的耐心，我马上就来。"完美的。

最后四句话使用了职场中极为常见且有用的习语。"我想我

必须咬紧牙关，告诉我的老板 我在那份报告中犯的错误。"

"嗯，那个计划没有像我预期的那样进行。我想我们得重新开始。"您

不需要成为一名建筑师或艺术家就可以使用这个表达，它只是一个习语。因此，如果您

需要彻底放弃计划并重新开始，您可以说："我想又得从头再来了。"

当你从事一个小组项目时，发挥自己的作用是非常重要的。

你能想象这意味着什么吗？这意味着你不只是坐在那里等待其他人

去做工作。相反，你做出了同等的贡献，尽了自己的一份力

，成为团队中平等的一员。我一直使用的最后一个办公室表达是，

你可能会说，"好吧，我们下周项目开始后再联系吧

。" Touch base 是一种棒球用语，意思是"我们互相问候一下，

互相聊聊，看看我们 现在的情况。我们下周再联系吧。你不需要

to message me every day, but I want to check in and see how things are going. Let's touch base."

10 expressions for taking a break. Whether you work full-time, you are full-time mother

or father, whether you are a full-time student or you're retired, everyone needs to take a break.

"When I was painting inside my house, I needed to step outside and get some fresh air.

It's so nice out here." "A lot of people at my office take a smoke break, but I don't smoke,

so I take a sunshine break." "Are you hungry? I think it's time for a snack break." "Hey,

I'm going on a coffee run. Do you want anything?" This is a great expression to use at the office or

at school when you are going to a coffee shop and you're going to be buying coffee or tea,

and you want to offer to get something for someone else. "I'm going on a coffee run,

I'm going on a tea run, would you like anything?" "The grocery store, the bank, the post office,

I need to run some errands this afternoon. I need to run some errands this afternoon." It doesn't

mean that you're actually running, but maybe you're going a little bit quickly because it's

not too fun. These last five expressions are for when you really need a break. What can you say?

"I'm falling asleep at my desk, I think I need to take a lap around the office to wake myself up."

"It's so hot. We've been working outside in the sun,

I think we should take a breather and go sit in the shade." "Now that my assignment is finished,

I'm going to take a minute before I work on anything else. Congratulations to me."

"This hike is harder than I thought. I need to catch my breath before we go up the next hill."

每天给我发信息，但我想看看事情进展如何。我们联系一下吧。”

10 个表示休息的表达方式。无论您是全职工作，还是全职妈妈

或爸爸，无论您是全日制学生还是退休，每个人都需要休息。

“当我在家里画画的时候，我需要走到外面呼吸一些新鲜空气。

这里真是太好了。”“办公室里很多人都会抽烟休息，但我不抽烟，

所以我会晒晒太阳休息。”“你饿了吗？我想该吃点零食了。”“嘿，

我要去喝杯咖啡。你想要什么吗？”这是一个非常适合在办公室或学校使用的表达方式，

当你要去咖啡店买咖啡或茶时，

你想主动为别人买点东西。“我要去喝咖啡，

我要去喝茶，你想要什么吗？”“杂货店、银行、邮局，

我今天下午需要办点事。我今天下午需要办点事。”这并不

意味着你真的在跑步，但也许你跑得有点快，因为这

不太有趣。最后这五个表达方式适用于你真正需要休息的时候。你能说什么？

“我在办公桌前睡着了，我想我需要绕着办公室走一圈来让自己清醒一下。”

“天气太热了。我们一直在外面的太阳下工作，

我想我们应该休息一下，到阴凉处坐坐。”“现在我的任务已经完成了，

在做其他事情之前，我要花一点时间。祝贺我。”

“这次徒步旅行比我想的要难。在我们爬下一座山之前，我需要喘口气。”

"To catch my breath," it's a great expression for when you need to take a break. And our final

taking a break expression is, "It's the end of the day, let's hit pause before we start

any new projects, it's time to go home." 10 expressions for saying goodbye at work

or at school. In the office, "All right, I'm shutting down for the day." At school,

"Time to pack up, let's go home." At work or at school you can say, "Let's call it a day,

time to go home." "All right, that's it, I think we've done all that we can do today."

"I'm headed out, I'll see you tomorrow." "I got to run, I'll catch up with you tomorrow."

"I'm out of here, I've got an appointment I've got to get to." "That's a wrap. Nice work, everyone,

we finished." "Bye, see you tomorrow." "Bye everyone, have a good evening."

10 expressions for going out to a restaurant with your family or friends.

"I don't feel like cooking tonight, let's eat out." This is the most common phrasal verb for

talking about going to a restaurant, "Let's eat out." I love eating out, and it means going to

a restaurant. Maybe you don't want to sit inside. You could say, "It's such a beautiful day outside,

can we get a table on the patio? Can we get a table on the patio?" "I usually order the grilled

chicken, but do you have any specials today?" "I haven't eaten here before, what do you recommend?"

"All right, I think I'd like the Caesar salad, please." "I'm not very hungry. Do you want to

split a pizza with me?" "Can I get a refill on my drink when you have a chance? Thanks." "How's

your food? It looks delicious. I think I'll order that next time." "Can you bring me a to-go box? I

think I'd like to save this for later. Thanks." In the U.S., it's really common to get a to-go box,

“喘口气”，当你需要休息时，这是一个很好的表达。我们最后的

休息表达是：“一天结束了，在开始任何新项目之前让我们暂停一下

，该回家了。” 10 种在工作或学校说再见的表达方式

。在办公室里，“好吧，我今天就下班了。” 在学校，

“收拾行李，我们回家吧。”在工作或上学时，你可以说“今天就到此为止，

该回家了。”“好了，就这样吧，我想我们今天能做的已经都做了。”

“我出去了，明天见。”“我得走了，明天再追上你。”

“我要走了，我有一个约会要去。”“结束了。大家干得好，

我们完成了。”“再见，明天见。”“再见各位，晚上愉快。”

与家人或朋友一起去餐馆吃饭的 10 个表达方式。

“今晚我不想做饭，我们出去吃吧。”这是谈论去餐馆最常见的短语动词

，“我们出去吃饭吧。”我喜欢外出就餐，也就是去

餐馆。也许你不想坐在里面。你可以说，“外面天气这么好，

我们可以在露台上找一张桌子吗？我们可以在露台上找一张桌子吗？”“我通常点

烤鸡，但是今天有什么特色菜吗？”“我以前没有在这里吃过，你有什么推荐吗？”

“好的，我想要一份凯撒沙拉。”“我不太饿。你想

和我分一块披萨吗？”“你有空的时候可以帮我续杯饮料吗？谢谢。”“

你的食物怎么样？看起来很好吃。我想下次我会点这个。”“你能给我拿个外带盒吗？我

想我可以把它留着以后用。谢谢。”在美国，外带盒很常见，

because yes, just like the stereotype, our food portions are huge, and it's no problem to take

home your leftovers in a to-go box. Sometimes we call this a doggy bag. It doesn't look like a dog,

it's not really for your dog, but you could call it either a to-go box or a doggy bag.

"I know we just had a big dinner, but let's splurge and get dessert too. What do you think?"

10 common expressions about playing with your kids.

"It seems like little and big boys always want to roughhouse and play hard." "It seems like my kids

always want to eat a snack. What about yours?" "Wow, look at that tall Lego tower you made."

"It's a beautiful day to go on a bike ride down the street." "Sometimes, doing a puzzle

is a great way to calm down and relax." "It's so satisfying to hit a baseball, even if you're just

playing by yourself." "Nothing is more fun than going down a slide into a huge pile of leaves."

"My kids love to do chalk in a shady part of the walkway,

I do too." "The first thing my son does in the morning is pick raspberries in our backyard."

"Sometimes my son gets so tired that he takes a nap in the middle of the floor. Aw, how cute."

10 sentences for relaxing at the end of the day. "What a day. I'm so glad to finally be home. But

before I can relax, I really need to finish up some chores. I just spent a few minutes tidying up

the house, so now I can relax on the couch." After a long day, some people just like to zone out

and watch TV. Or you can use the fun expression, "At the end of a long day, I like to veg out and

watch TV." This comes from the word "Vegetable," because let's be honest, when you watch TV, your

因为是的，就像刻板印象一样，我们的食物 份量很大，把

剩菜放在外带盒里带回家没有问题。 有时我们称之为打包袋。 它看起来不像狗，

实际上也不是给你的狗用的，但你可以 称它为外带盒或狗食袋。

“我知道我们刚刚吃了一顿大餐，但我们 也来点甜点吧。你觉得怎么样？”

关于与孩子玩耍的 10 个常见表达。

“看起来，无论小男孩还是大男孩，总是想 打闹玩耍。” “我的孩子似乎

总是想吃零食。你的孩子呢？” “哇，看看你搭建的乐高塔有多高。”

“今天天气很好，适合骑自行车 沿街骑行。” “有时候，玩拼图

是平静和放松的好方法。” “击打棒球真是太有成就感了，即使你只是

独自一人打球。” “没有什么比从 滑梯滑进一大堆树叶更有趣的了。”

“我的孩子们喜欢在 人行道阴凉处用粉笔写字，

我也喜欢。” “我儿子早上做的第一件事 就是到后院摘覆盆子。”

“有时候我儿子太累了，他会 在地板中间打个盹。啊，多可爱啊。”

一天结束时放松的 10 句话。 “真是糟糕的一天。终于回家了，我真是太高兴了。但

在放松之前，我真的需要先完成 一些家务。我刚刚花了几分钟整理

房间，所以现在我可以在沙发上放松一下了。” 漫长的一天结束后，有些人就喜欢放松一下

，看看电视。或者你可以使用有趣的表达， “在漫长的一天结束时，我喜欢放松一下并

看看电视。” 它来自“蔬菜”这个词， 因为说实话，当你看电视时，你的

brain is kind of like a vegetable, it's not doing very much, but it's kind of nice sometimes to just

veg out and watch TV. Before I go to bed, I like to catch up on the book that I'm reading,

so interesting. At the end of a long day, I like to just chill. Maybe that's watching some TV,

maybe that's reading my book. I don't want to do much, I just want to chill.

What can you say to someone else who's had a really long day? Well, if they've come

over to your house as a guest, when you open the door and greet them, you could say, "Make

yourself at home." This means that they will feel comfortable in your house. "Make yourself at home,

open the cupboard, get yourself a glass of water if you want, feel free to sit down, don't worry

about any kind of formal rules, make yourself at home." Or you might say to your loved one,

"I can see you've had a really long day. Why don't you put your feet up and I'll get you a

glass of water. Put your feet up, maybe sit on the couch, put your feet up, and I'll get you

a glass of water. Don't worry, I got it." If you've had a busy month, a busy year,

you might say, "I'm so thankful for our vacation coming up, I really need some R and R."

This is not railroad, this means rest, relaxation, some people say it means to recuperate. This means

that you are chilling out and you're gaining your strength back. We often see this in writing,

"I'm going to get some R and R this weekend in the mountains, I'll be back later,"

but you can also use this in conversation. 10 expressions for your nighttime routine,

it's finally the end of the day. Well, before I go to bed, I always double check that I have

locked my door. After that, I go through the house and turn off the lights. I already read

大脑就像蔬菜一样，它不会做太多的事情，但有时只是

放松一下并看看电视也是一种很好的感觉。睡觉前，我喜欢回顾一下正在读的书，

很有趣。漫长的一天结束后，我喜欢放松一下。也许是看电视，

也许是读书。我不想做太多，我只想放松一下。

你能对度过了漫长一天的人说些什么呢？好吧，如果他们

作为客人来到你家，当你打开门迎接他们时，你可以说，“请

随意。”这意味着他们会 在你的房子里感到舒适。“请随意，

打开橱柜，如果需要，给自己倒杯水，随意坐下，不要担心

任何正式的规则，请 随意。”或者你可以对你所爱的人说，

“我知道你今天过得很漫长。你为什么不把脚抬起来，我去给你

倒杯水。把脚抬起来，或者坐在沙发上，把脚抬起来，我去给你

倒杯水。别担心，我去拿。”如果你度过了一个忙碌的月份，忙碌的一年，

你可能会说，“我很感谢我们 即将到来的假期，我真的需要一些休息和放松。”

这不是铁路，这意味着休息、放松，有人说这意味着休养。这意味着

你正在放松并 恢复体力。我们经常在写作中看到这句话，

“这个周末我要去山里休息一下，晚点回来”，

但你也可以在对话中用这句话。10 个适合夜间使用的表达方式，

一天终于结束了。嗯，在我上床睡觉之前，我总是仔细检查我是否

锁好了门。之后，我穿过房子并关掉灯。我已经

bedtime stories to my two sons, they're asleep, so I need to tiptoe quietly to my bedroom so they

don't wake up, let's go. Before I go to bed, I need to take a shower to get clean for bed. Then

I need to brush my teeth. Usually when you brush your teeth, you brush your teeth and then you spit

and rinse your mouth. Finally, it's time to get cozy for the day,

put on my pajamas, and put my clothes in the laundry basket. Before I go to bed

every night, I double check my alarm. I want to make sure that I don't oversleep. Finally,

it's time to hit the hay. I can curl up under the covers and drift off to sleep. Goodnight.

Congratulations on learning these 100 most common sentences about daily life. Now I have a

question for you. Let me know in the comments, what time do you usually go to bed? For me,

I try to go to bed between 10 and 11 o'clock, but honestly, it's usually closer to midnight. Let me

know in the comments what it is for you, and don't forget to download the free PDF worksheet with all

100 of these common sentences and some definitions to help you out so that you can use them in your

daily life, and you never forget them. You can click on the link in the description to download

that free PDF worksheet today. Well, thanks so much, I'll see you again next Friday for a new

lesson here on my YouTube channel, bye. The next step is to download the free

PDF worksheet for this lesson. With this free PDF, you will master today's lesson

and never forget what you have learned. You can be a confident English speaker.

Don't forget to subscribe to my YouTube channel for a free English lesson every Friday. Bye.

给我的两个儿子读完睡前故事了，他们睡着了，所以我需要悄悄地踮着脚尖走到我的卧室，这样他们

就不会醒来，我们走吧。睡觉前，我需要洗个澡，让自己干净一点，准备睡觉。然后

我需要刷牙。通常当你刷牙时，你会刷完牙然后吐掉

并漱口。最后，是时候舒适地开始新的一天了，

穿上睡衣，把衣服放进洗衣篮。

每天晚上睡觉前，我都会再检查一遍闹钟。我想确保我不会睡过头。最后，该

睡觉了。我可以蜷缩在被子下面慢慢入睡。晚安。

恭喜您学会了这 100 个最常见的日常生活句子。现在我有一个

问题要问你。请在评论中告诉我，你通常几点睡觉？对我来说，

我试着在 10 点到 11 点之间上床睡觉，但老实说，通常更接近午夜。请

在评论中告诉我它对你来说是什么，并且不要忘记下载免费的 PDF 工作表，其中包含所有

100 个常用句子和一些定义，以帮助你，以便你可以在日常生活中使用它们

，并且永远不会忘记它们。您可以点击描述中的链接立即下载

免费的 PDF 工作表。好吧，非常感谢，下周五我会

在我的 YouTube 频道上再次与您见面，带来新课程，再见。下一步是下载

本课的免费 PDF 工作表。有了这个免费的 PDF，您将掌握今天的课程

并且永远不会忘记所学到的内容。您可以成为一名自信的英语演讲者。

不要忘记订阅我的 YouTube 频道，以便每周五获得免费英语课程。再见。