



10 Daily Activities

Are you an early bird or a night owl? Are you more productive during the morning or do you prefer doing your work in the evening? What are some activities you consider essential in your routine?

Engaging Activity

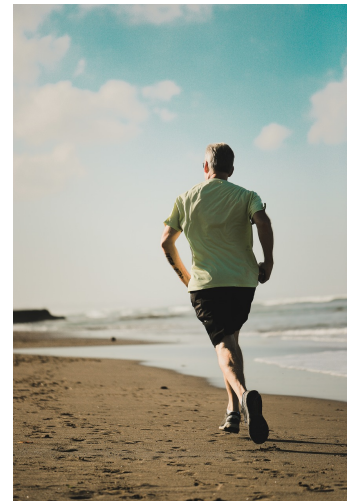
Exposure Activity

Read about the habits of successful entrepreneurs. Do you do any of the 10 activities they mention?

10 Daily Habits of Successful Entrepreneurs

150 entrepreneurs, across a variety of industries, speak about the habits that make them successful in their careers and in life. What they do:

- They read
- They stick to a daily routine
- They listen to uplifting music
- They plan tomorrow, today
- They meditate
- They start their day with exercise
- They stay current
- They make time to unplug
- They journal
- They pace themselves



"As part of my nightly routine, I make a list of my tasks for tomorrow. I feel equipped for tomorrow when I wake up."

Peter Schoeman
Owner of Dog Adventure

"I read for 30 minutes a day after I wake up. It helps me to start the day refreshed."

Trevor Rappleye
CEO at CorporateFilming

"The first thing I do every day is exercise. I feel energized for the day, and my best ideas come to me when I exercise."

Andrea Heuston
Founder & CEO of Artitudes Design

"I spend a lot of time in front of a screen, so I stay completely offline for one hour during the day."

Malte Scholz
CEO & Co-Founder of AirFocus

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Exercise it!

1. Think about the activities you do at work. Choose (X) the ones you normally do.

Do you attend meetings? ____

Do you check emails? ____

Do you make phone calls? ____

Do you speak, write or read in English? ____

Do you talk to clients? ____

Do you develop new projects? ____

Do you work with numbers? ____

Do you give presentations? ____

2. Now write a short paragraph with the activities of your day. You can put them in chronological order (*First I check emails, then I... After that I... Finally, I ...*)

Structure Activity

PRESENT SIMPLE - I / YOU / WE / THEY (DO)

Read the sentences from the text "*10 Daily Habits of Successful Entrepreneurs:*"

- *I read for 30 minutes a day.*
- *My best ideas **come** to me when I exercise.*

We use the Present Simple to talk about *regular actions* and *habits, facts, and things that are always/generally true*. Look at other examples.

- *I live in Switzerland.*
- *You get up very early.*
- *We take the bus to the office.*
- *Some of my colleagues work from home.*
- *Laura and I supervise two teams.*
- *Walter and Kevin really love what they do!*



To express negatives sentences, we need to include DON'T (or DO NOT, more formal) in front of the verb. Compare the affirmative and negative sentences.

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- **My colleagues and I work from Monday to Friday. We don't work on the weekend.**
- **I drink two cups of coffee in the morning. I don't drink coffee after 5 p.m.**
- **My two sons run six kilometers every morning. They don't run on Sundays.**
- **Mirabel and Joseph speak Chinese at work. They don't speak Chinese at home.**
- **My colleagues and I eat at a vegetarian restaurant near our company. We don't eat at fast-food restaurants.**



Attention!! DO NOT use "DON'T" with verb TO BE!

1. Match the activities to the pictures below.

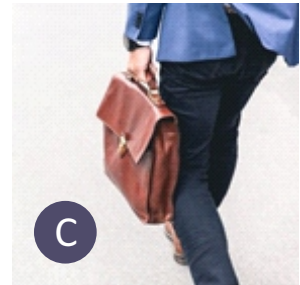
take a shower ___ have lunch ___ have breakfast ___ have dinner H
wake up ___ go to work ___ go to the gym ___ go to bed ___ watch TV ___



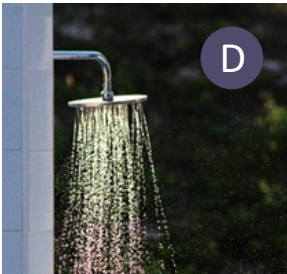
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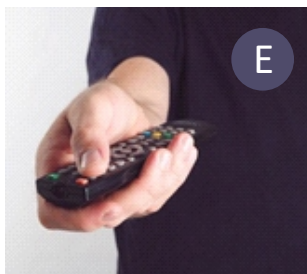
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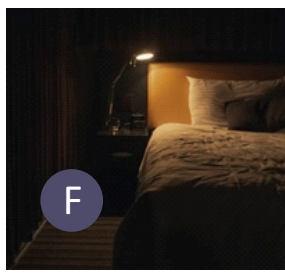
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F



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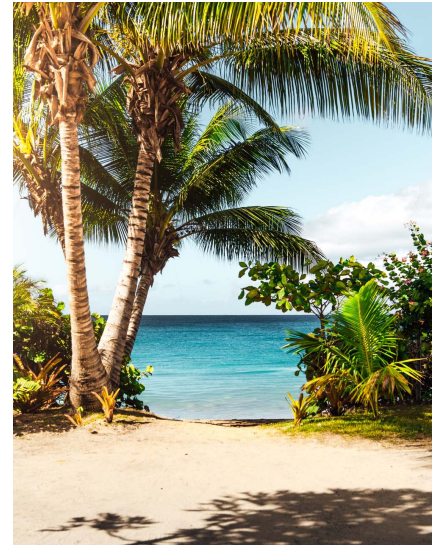
H

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2. Complete the sentences with a verb from the box in the affirmative (+) or negative (-) forms.

take - go - have - eat - watch - work - wake up - speak

- a) (+) I _____ a shower before breakfast.
- b) (-) I _____ on Saturdays and Sundays. I just relax!
- c) (+) We _____ English at the office. My company is American.
- d) (-) They aren't very healthy. They _____ vegetables every day.
- e) (+) I _____ two kids.
- f) (+) They _____ to the beach every summer.
- g) (-) We _____ TV at night. We prefer reading.
- h) (+) You _____ late on weekends.



3. Do you remember Rosa and Joanna (Unit 8)? They are best friends and they work at the same company. They also spend their free time together. Look at the lists of activities they do (✓) and don't (✗) and write affirmative and negative sentences. After that, write sentences that are true for YOU!

a) play volleyball on Tuesdays

b) use public transportation to work

c) attend cooking classes

d) travel to the beach in the summer

e) go to the gym in the evening

f) do the grocery shopping once a week

g) like going to the shopping mall

Rosa & Joanna



a) Rosa and Joanna play volleyball on Tuesdays.

I _____

b) Rosa and Joanna _____

I _____

c) They _____

I _____

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d) Rosa and Joanna _____

I _____

e) Rosa and Joanna _____

I _____

f) Rosa and Joanna _____

I _____

g) Rosa and Joanna _____

I _____

Follow-up Activity

Go back to exercise 1 and look at the pictures with daily activities. Based on them, describe your daily routine. You can include any other activities. Look at the example sentences as a model.

Examples: I wake at 6:30 a.m. Then, ...

I have lunch at (about) 12:30 p.m. After that, ...

Homework

1. Put the words in the correct order.

a) TV / My husband and I / watch / at night.

b) to the coffee shop / We / go / every day.



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c) o'clock / I / bed / go to / at eleven.

d) lunch / I / my colleagues / have / with.

e) after / They / work / running / go.

f) my two best friends / meet / I / every Thursday

g) enjoy cooking / and I / a barbecue / on the weekends /
My cousins

2. Write the sentences from the previous exercise in the **NEGATIVE FORM**.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

g) _____

Notes