Let's talk!

- *"What's one habit you'd like to break and one you'd like to build? Why?"*

Reading

"When Habits Take Control"

Most of us like to believe we control our habits, but often it's the other way around. So powerful are daily routines that they can dictate how much energy we have, how productive we feel, and even how optimistic we become.

Not only do habits shape our mornings, but they also influence our long-term identity. A person who exercises every day might think of themselves as disciplined, while someone who constantly postpones tasks may see themselves as unreliable.

Such is the power of repetition that even small actions, when repeated, can change the course of a life. The danger, however, lies in the unconscious routines we don't question—checking our phones first thing in the morning, eating out of boredom, or delaying meaningful projects.

To truly break free, awareness is not enough. One must take deliberate action: replacing harmful routines with constructive ones, setting visible reminders, and sometimes asking for accountability. The truth is simple: change your habits, and you change your story.

Comprehension Questions

True or False

1. Habits usually have little effect on people's energy. **True/False**
2. Daily routines can shape how we see ourselves. **True/False**
3. Repetition has little impact unless actions are big. **True/False**
4. Some routines are dangerous precisely because they go unnoticed. **True/False**
5. Awareness alone is enough to change habits. **True/False**

Discussion:

- Which idea in the text do you agree with the most?
- Have you ever changed a habit successfully? How?

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Grammar Point: Inversion

Explanation:

- We use inversion for emphasis in formal/literary style.
- *So + adjective/adverb + auxiliary + subject + verb*
    - *So powerful were his words that everyone listened.*
- *Such + noun + auxiliary + subject + verb*
    - *Such was her determination that she never gave up.*
- *Not only + auxiliary + subject + verb, but (also) …*
    - *Not only did he arrive late, but he also forgot his notes.*

⚡ More advanced than cleft sentences. Useful in persuasive speech, storytelling, and formal writing.

Grammar Practice

Exercise 1 – Rewrite for Emphasis

Rewrite the sentences using inversion.

1. His explanation was so clear that nobody had questions.

   _____

2. The storm was so strong that several trees fell.

   _____

3. Her kindness was such that everyone respected her.

   _____

4. He not only forgot my birthday but also ignored my messages.

   _____

5. The city was so quiet at night that I could hear my own heartbeat.

   _____

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Exercise 2 – Create Your Own (Discussion-based)

- You must use inversion naturally:
  - A time you were **so surprised** that…
  - A person with **such talent** that…
  - A situation where **not only … but also …**

Wrap-up & Reflection

- Quick chat: *"Which structures feel most natural to you? Do you see yourself using them in arguments, stories, or professional life?"*

Instructions:

- You must respond using **inversion structures** (*so…that / such…that / not only…but also*).
- Try to exaggerate for humor.

Example:

- Prompt: *You missed the bus this morning.*
- Nico: *So crowded was the bus that I couldn't even see the driver!*
- Or: *Not only did the bus leave early, but it also splashed me with dirty water!*

Prompts:

1. You had a terrible meal at a restaurant.
2. You watched an incredibly exciting film.
3. You tried to work but the noise outside was unbearable.
4. You met someone with amazing talent.
5. You got caught in extreme weather.
6. You went to a party that was unforgettable.

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