Vocabulary Worksheet

Small Habits, Big Changes

10 minutes | Level: A2+ / B1 | 9 words + 8 phrases

1 Mnemonic Stories

3 min

How it works: *Your brain remembers stories better than lists. Read the short story below. The vocabulary words are in* ***bold****. After reading, close your eyes and try to remember the story. What words do you remember?*

The Story of Alex's Morning

Alex wanted to **build a habit** of morning meditation. His **trigger** was his morning coffee — every time he made coffee, he sat down for 3 minutes of quiet. The first week was hard. He wanted to quit. But he decided to **stick to** it and **be consistent**. He started to **track his progress** in a notebook. After 21 days, he reached his first **milestone** — 10 minutes without checking the clock! Now meditation is part of his **daily routine**. He even helped his friend **break a habit** of phone addiction. "The secret," Alex said, "is to step out of your **comfort zone** just a little bit every day."

✍ Your turn:

Write 2-3 sentences about YOUR life using at least 3 words from the story. Make it personal!

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2 Personal Connection

3 min

> ***Why this works:*** *When you connect new words to your own life, your brain creates stronger memory paths. Answer these questions honestly — no right or wrong answers!*

To build a habit *Формировать привычку*	**To break a habit** *Избавляться от привычки*	**A daily routine** *Ежедневный распорядок*
To stick to something *Придерживаться*	**A trigger** *Триггер*	**To be consistent** *Быть регулярным*
A milestone *Важная веха*	**To track progress** *Отслеживать прогресс*	**A comfort zone** *Зона комфорта*

1. One habit I want to _____ is: _____

(to build / to break)

2. My biggest _____ for this habit is: _____

(trigger / comfort zone)

3. To _____, I will do this every day at: _____

(be consistent / stick to it)

4. My first _____ will be: _____

(milestone)

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3 Useful Phrases in Context

2 min

> ***Task:*** *Complete the sentences with the correct phrase beginning. These are real phrases people use when talking about habits.*

1. _____ , the hardest part is starting too big. Try just 2 minutes.

Options: In my experience / I've found that / The key is

2. _____ small changes make a big difference. Five minutes a day changed everything.

Options: I struggle with / I've found that / What works for me is

3. _____ consistency because my phone is always there. I need to remove the trigger.

Options: I used to / I struggle with / One thing that helped me was

4. _____ starting with just one page. Now I can't stop reading!

Options: If I could give advice / One thing that helped me was / In my experience

5. _____ snack every night, _____ drink herbal tea instead. It's become my ritual.

Options: I used to... but now I... / I struggle with... because...

6. _____ not perfection, but progress. Missing one day doesn't mean you failed.

Options: The key is / What works for me is / If I could give advice

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4 Self-Dialogue: Coach vs Skeptic

2 min

> ***How it works:*** *Imagine two voices in your head. One is your* ***Habit Coach*** *(positive, encouraging). The other is your* ***Skeptic*** *(doubtful, tired). Write what each voice would say about YOUR habit goal. Use the phrases from Exercise 3!*

Skeptic Voice (doubts):

"I don't have time for this. I've tried before and failed.

_____

"

Coach Voice (encouraging):

"That's okay!

_____

"

Skeptic Voice (still doubting):

"But what if I fail again?

_____

"

Coach Voice (final encouragement):

"Remember:

_____

"

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✓ Answer Key

Exercise 1: Mnemonic Story

No right answer! Check if you can remember at least 5-6 words from the story. The words were:

- ✓ build a habit, trigger, stick to, be consistent, track progress, milestone, daily routine, break a habit, comfort zone

Exercise 2: Personal Connection

Example answers (your answers will be different!):

- ✓ 1. One habit I want to **build** is: reading 10 minutes before bed.
- ✓ 2. My biggest **trigger** for this habit is: finishing dinner and sitting on the couch.
- ✓ 3. To **be consistent**, I will do this every day at: 9 PM.
- ✓ 4. My first **milestone** will be: reading for 7 days in a row.

Exercise 3: Useful Phrases

- ✓ 1. **In my experience**, the hardest part is starting too big.
- ✓ 2. **I've found that** small changes make a big difference.
- ✓ 3. **I struggle with** consistency because my phone is always there.
- ✓ 4. **One thing that helped me was** starting with just one page.
- ✓ 5. **I used to** snack every night, **but now I** drink herbal tea instead.
- ✓ 6. **The key is** not perfection, but progress.

Exercise 4: Self-Dialogue

Example dialogue (use your own words!):

- ✓ **Skeptic:** "I don't have time. I've tried before and failed. *What if I fail again?*"
- ✓ **Coach:** "That's okay! *In my experience, the hardest part is starting too big. Try just 2 minutes.*"
- ✓ **Skeptic:** "But what if I fail again? *I struggle with consistency because I'm always busy.*"
- ✓ **Coach:** "Remember: *the key is not perfection, but progress. Missing one day doesn't mean you failed.*"

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How to Remember These Words Forever

Spaced Repetition is the secret to long-term memory. Your brain forgets quickly at first, then slower. Review at these times to move words from short-term to long-term memory:

Today (after worksheet)

Review all 9 words + 8 phrases once. Say them out loud!

Tomorrow (24 hours later)

Look at the words. Can you remember the meanings? Check the worksheet if you forget.

Day 3 (48 hours later)

Write 3 sentences using the words. Make them about YOUR life.

Day 7 (1 week later)

Quick review: look at the words, say the meanings. Do Exercise 4 again with a new habit goal.

Day 14 (2 weeks later)

Use at least 3 words in a real conversation or text message in English.

Day 30 (1 month later)

Final review. By now, these words should feel natural! If you forget any, review them once more.

Pro Tips:

- **Active recall:** Don't just read — close your eyes and try to remember. This is 10x more effective than re-reading.
- **Personal connection:** Always connect words to YOUR life. "I want to build a habit of..." is stronger than just memorizing the definition.
- **Use it or lose it:** Try to use at least 1-2 words every day in real life (texts, conversations, journaling).
- **Don't worry about perfection:** If you miss a review day, just continue. Consistency > perfection!

Remember: Small habits, big changes!

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You've got this. One word at a time.

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